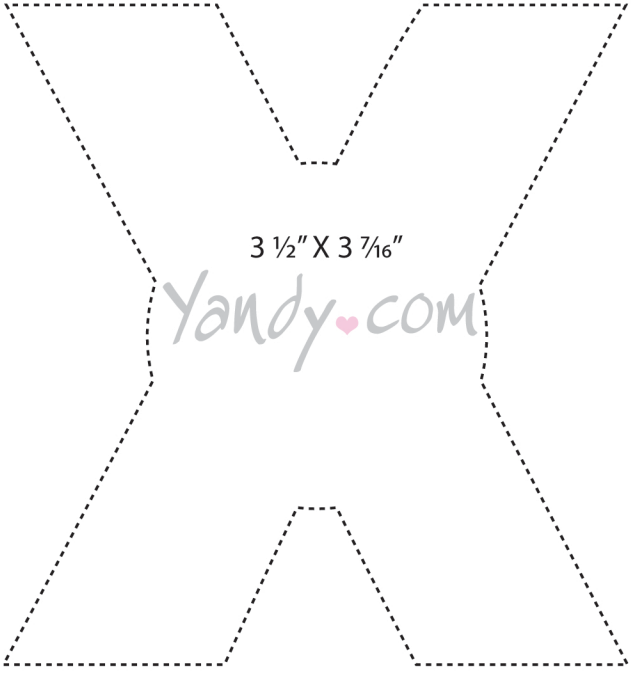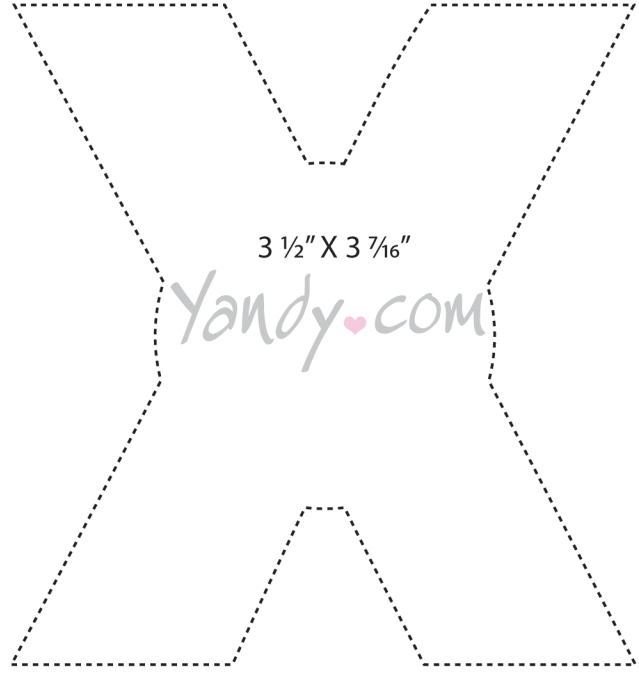Print this page and cut out shapes to see accurate sizing