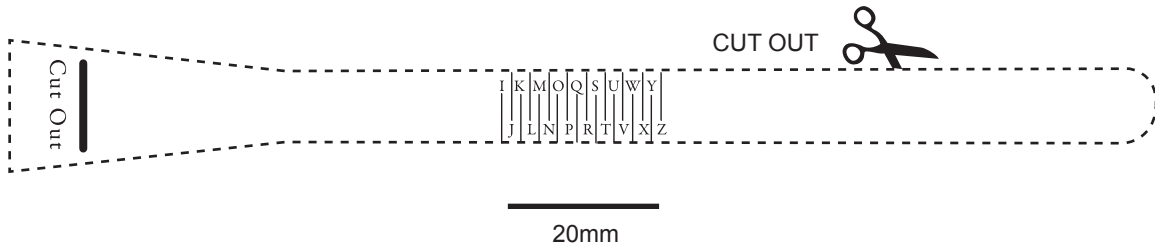


Fiona Hutchison Barr



Cut carefully around the guide, ensuring that you cut out the thick slit on the left (marked 'Cut Out').

Push the rounded end through the slit you have made and then wrap the guide around your finger. Tighten the guided until it fits comfortably, but still passes over the widest part of your finger. Take note of the size.

Please Note - This page has to be printed at 100% for the guide to be accurate. Do not select 'fit to page' in your print options.

To check this, the black line above should be exactly 20mm.