Pasting images into Abiword

	Masses (g)	Angles(degrees)	Forces [N]	X component [N]	Y component [N]	kg2g	g[m/s^2]
M1	1	325.5	0.0098	0.0081	−0.0056	1000	9.8
M2	2	−19	0.0196	0.0185	−0.0064		
M3	3	155.5	0.0294	−0.0268	0.0122		
			Σ|F|	Σ|Fx|	Σ|Fy|		
			0.0588	−0.0001	0.0003		
				% deviation	% deviation		
				0.245	0.442		

   This shows an example of a screen capture which is then pasted into Abiword. To do this, you will need to do the following steps:
(1) Open mtPaint : Menu>Graphic>mtPaint Image Editor
(2) Within mtPaint: File>Actions>Time delayed Screen shot
Click on your spreadsheet that you want to make a screen capture of. Then be patient. After about 10 seconds, the screen capture will happen and the image will appear in mtPaint.

Now select the region of the screen shot within mtPaint that you want to have in the ultimate document.

When this is selected, within mtPaint do the following:
Image>Crop

Now save this image to your root directory in jpeg format:
File>Saveas
Fileformat is jpeg and in the box below the file format type in the name of the image (without including the .jpeg). Note that you go to your root directory by clicking on the home icon.

Now placing the image in Abiword is pretty easy at this point:
Insert>Picture
choose the jpeg file you have just saved and it will be pasted.
You will need to move your mouse below the image to continue typing. If you accidentally delete the image, use edit>undo to get it back.

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