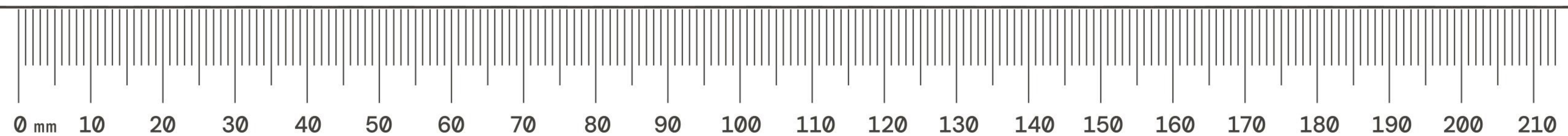


# Printable Millimeter Ruler

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## PRINTING INSTRUCTIONS:

1. Open File > Print
  2. Ensure "Actual Size" is selected in the print options.
  3. Set the printing paper size to 8.5 in x 11 in (standard letter-size paper).
  4. Click "Print."
  5. To confirm the print accuracy, align a standard credit card with the template provided. The shape should match your card's size exactly.
  6. Once confirmed, carefully cut out the ruler along the dashed lines.
- Note:** If you prefer the ruler in colour or black and white, choose the desired option in your printer settings.

## MEASURING INSTRUCTIONS:

### Face:

Use the ruler to measure the width of your face from temple to temple. This measurement corresponds to the frame width, which is typically measured hinge to hinge.

### Readers:

For comparison, measure the width of your current glasses or readers from hinge to hinge using the ruler. This can guide you in selecting a similar fit.

### FRAME WIDTH:

Based on the width of your face or current glasses, you can explore suitable frames on Eyecedarglasses.com. Simply visit Eyecedarglasses.com, click on "Frame Size" at the top of the page, and match your size to the **following ranges:**

**Very Narrow:** 123 mm or less

**Narrow:** 124-129 mm

**Average:** 130-136 mm

**Wide:** 137-140 mm

## CREDIT CARD SIZE

85.60 × 53.98 mm (3.370 × 2.125 in)

Double check printing accuracy, this should be the same size as a standard credit card once printed.

## Measurement Standard

