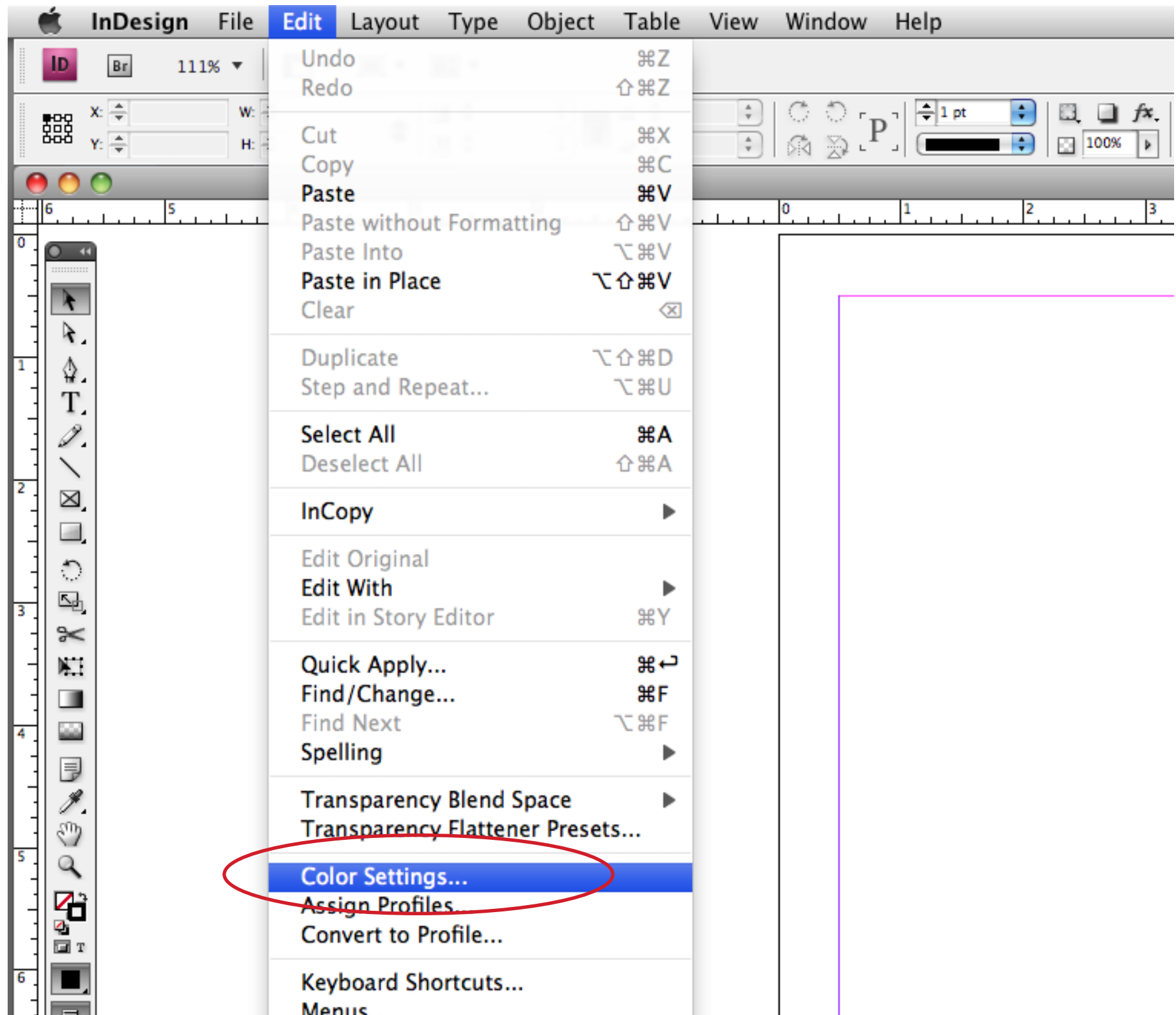
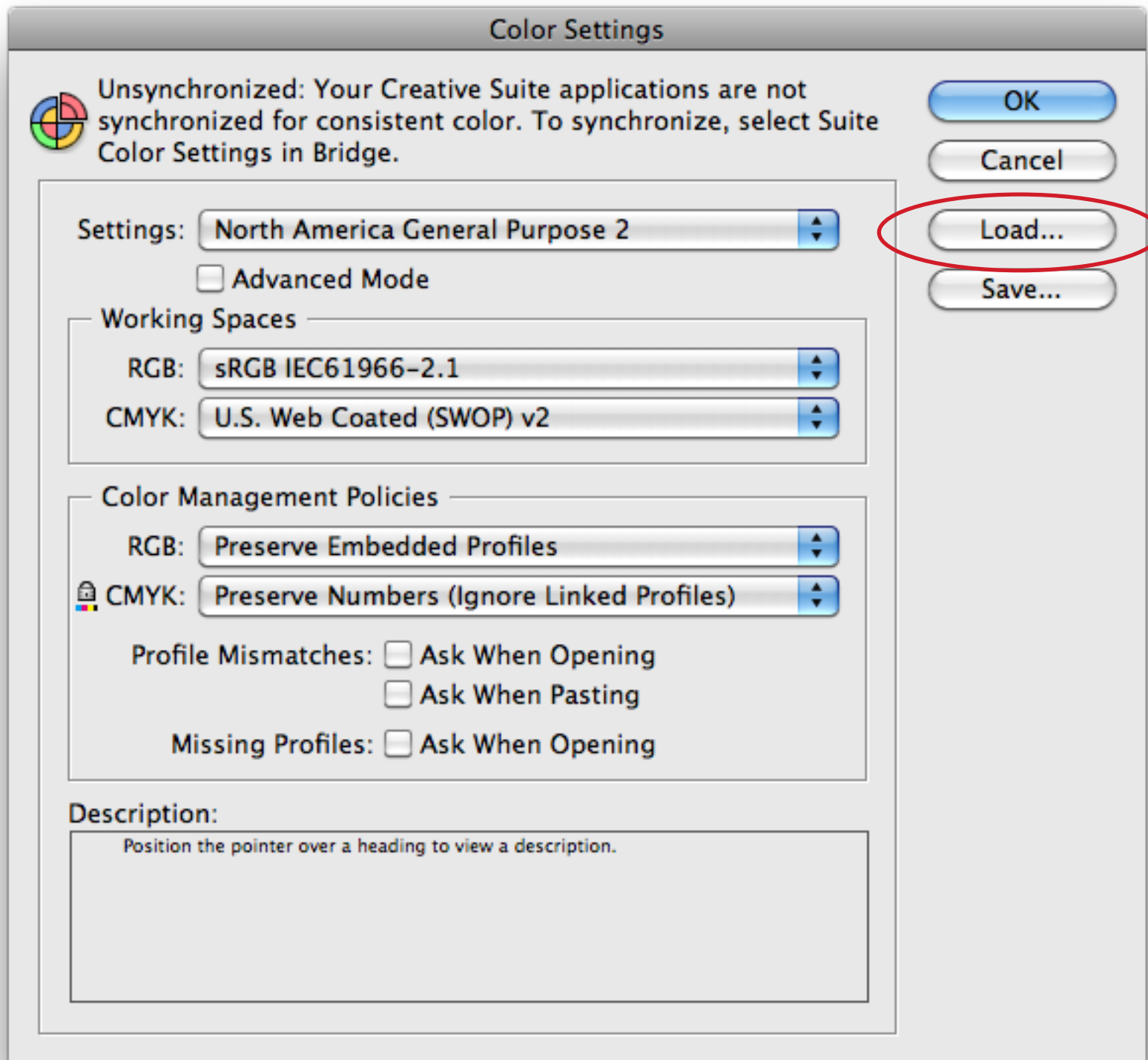


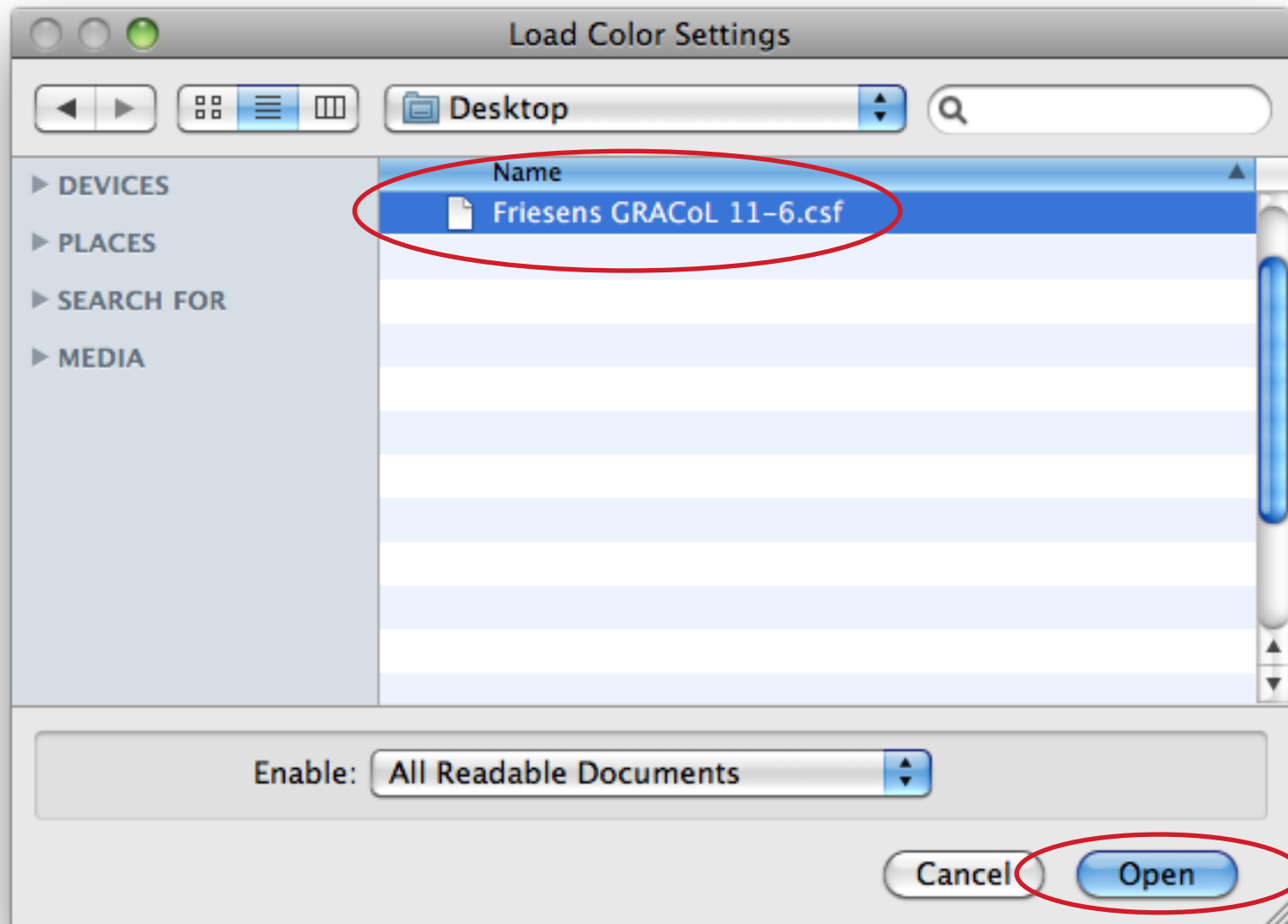
The first step to create a PDF is to load the Color Settings. Choose Edit, Color Settings... from the menu.



Next press the Load... button.

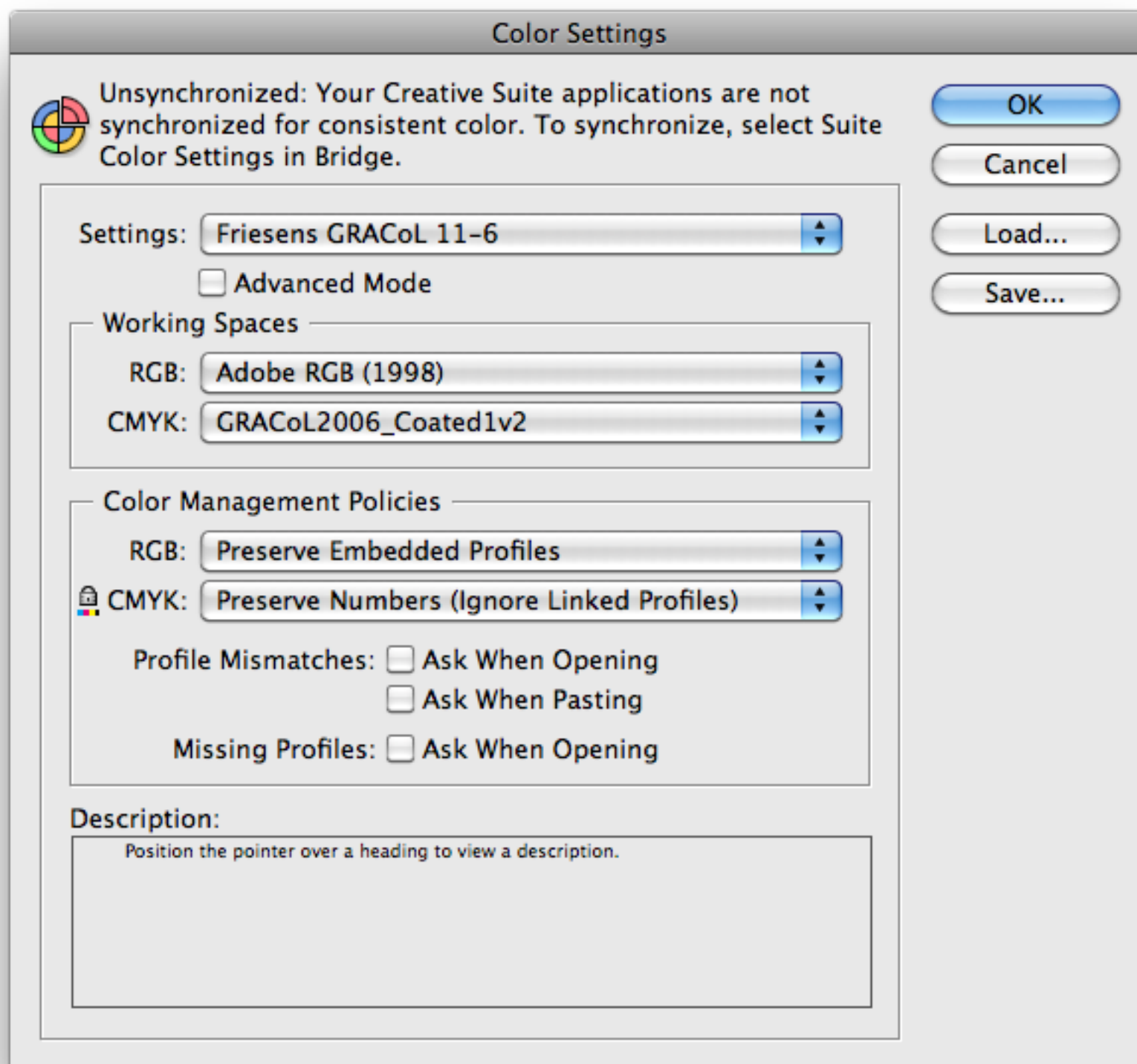


Locate the Friesens GRACoL 11-6.csf file and press the Open button.

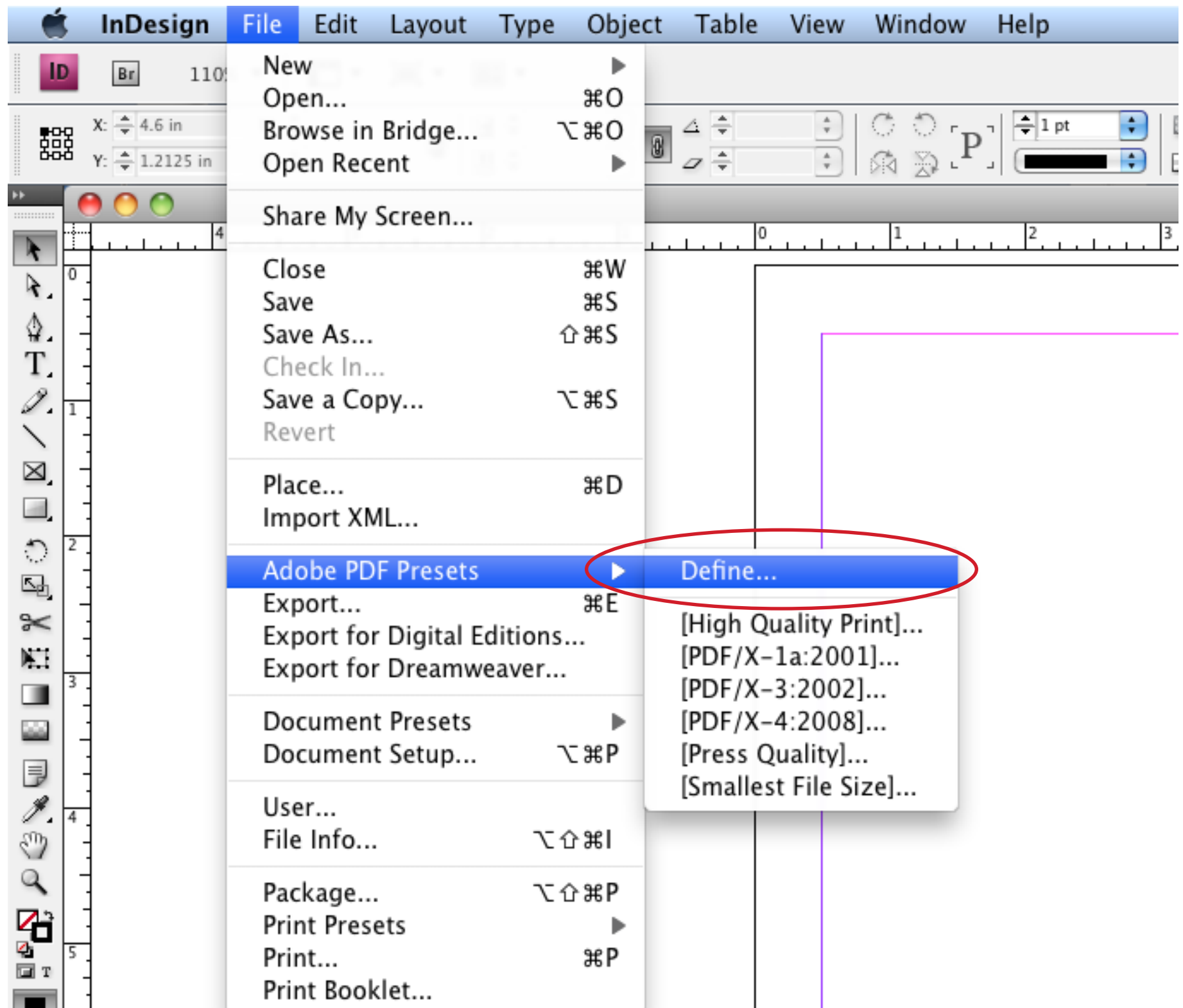


The InDesign color settings are now set to match Friesens settings.

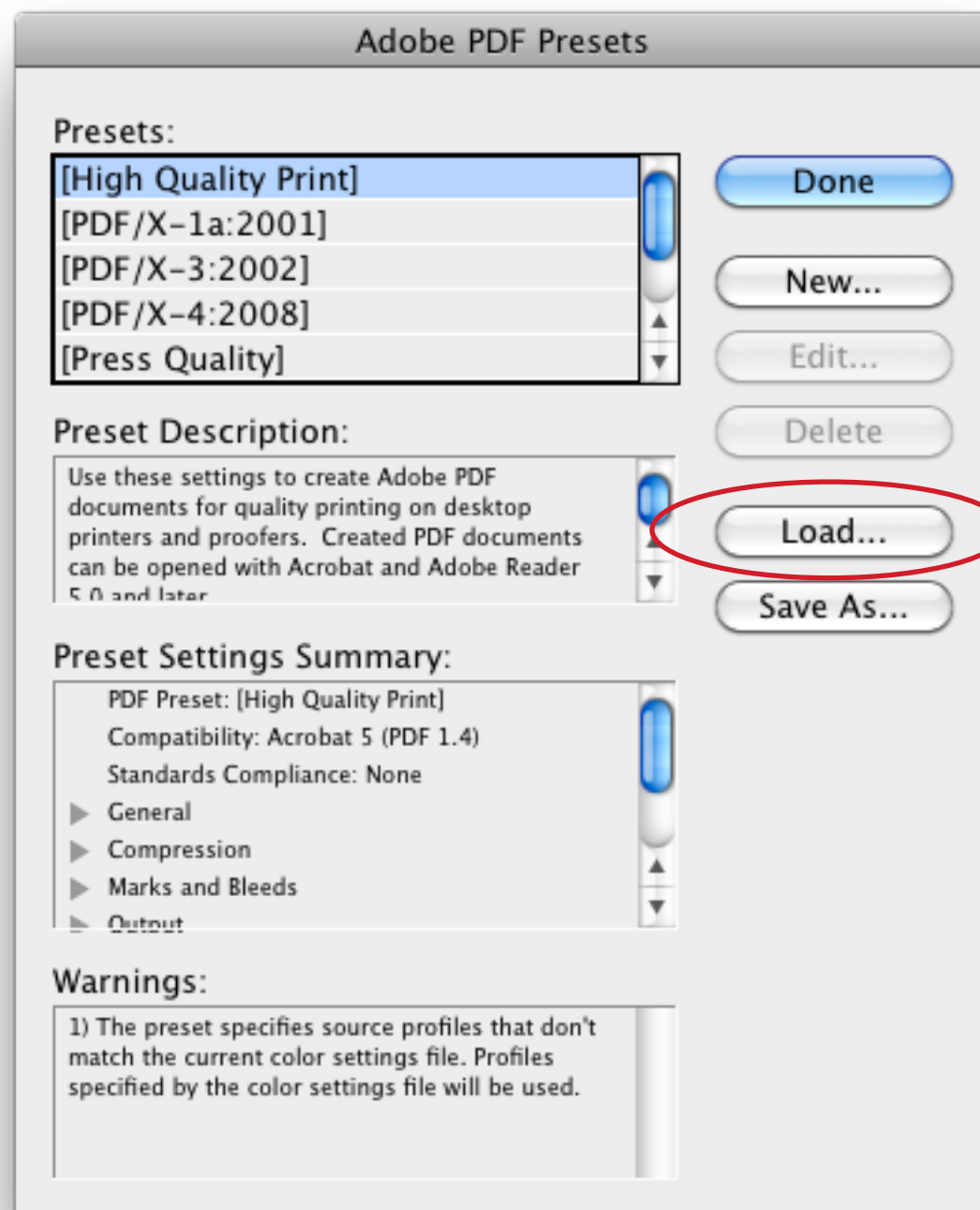
The Color Settings will match these settings when the Friesens GRACoL 11-6.csf file is loaded.



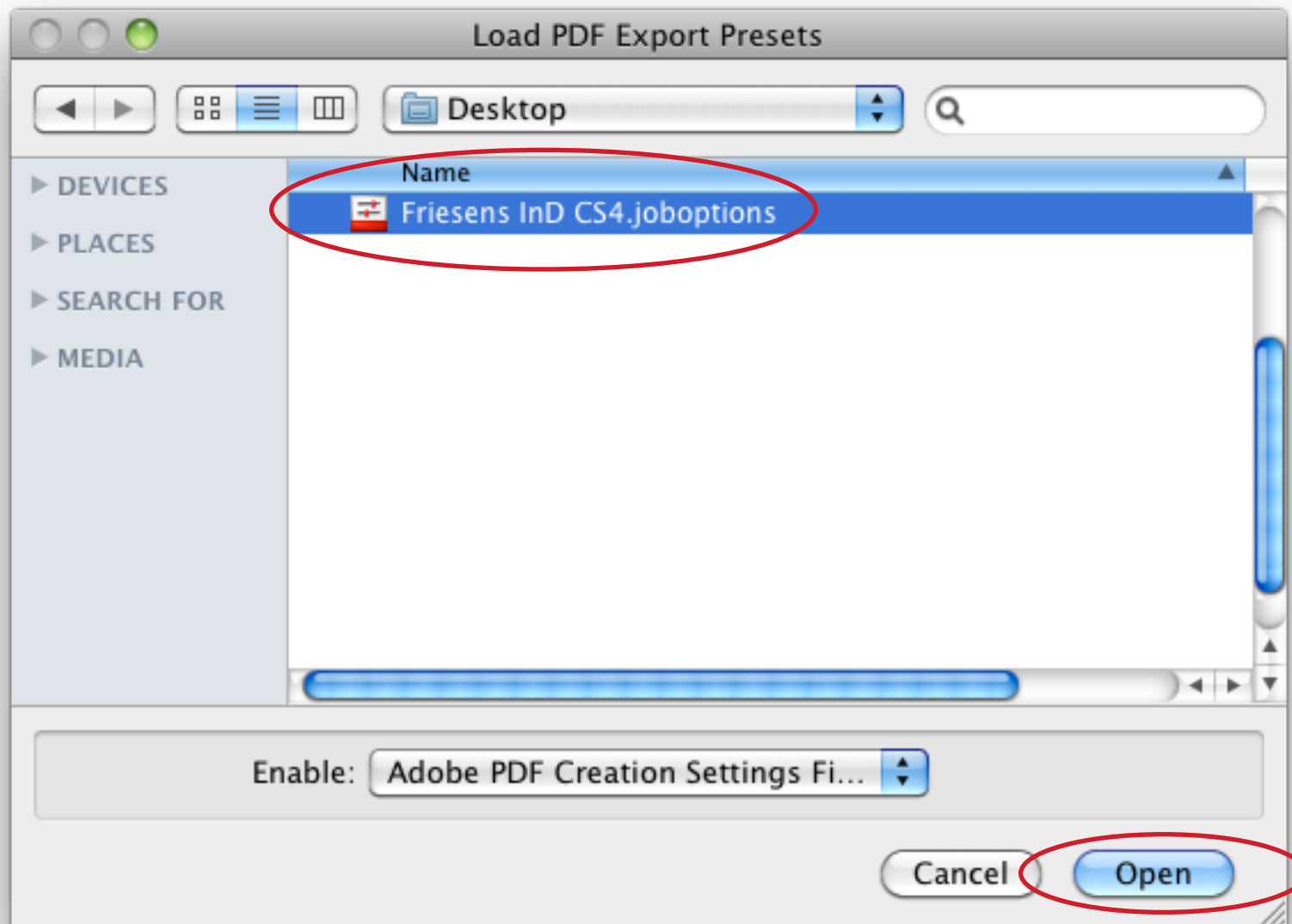
The first step to create a PDF is to load the Friesens PDF settings. Choose File, Adobe PDF Presets, Define... from the menu.



Next press the Load... button.



Locate the Friesens InD CS4.joboptions preset file and press the Open button.

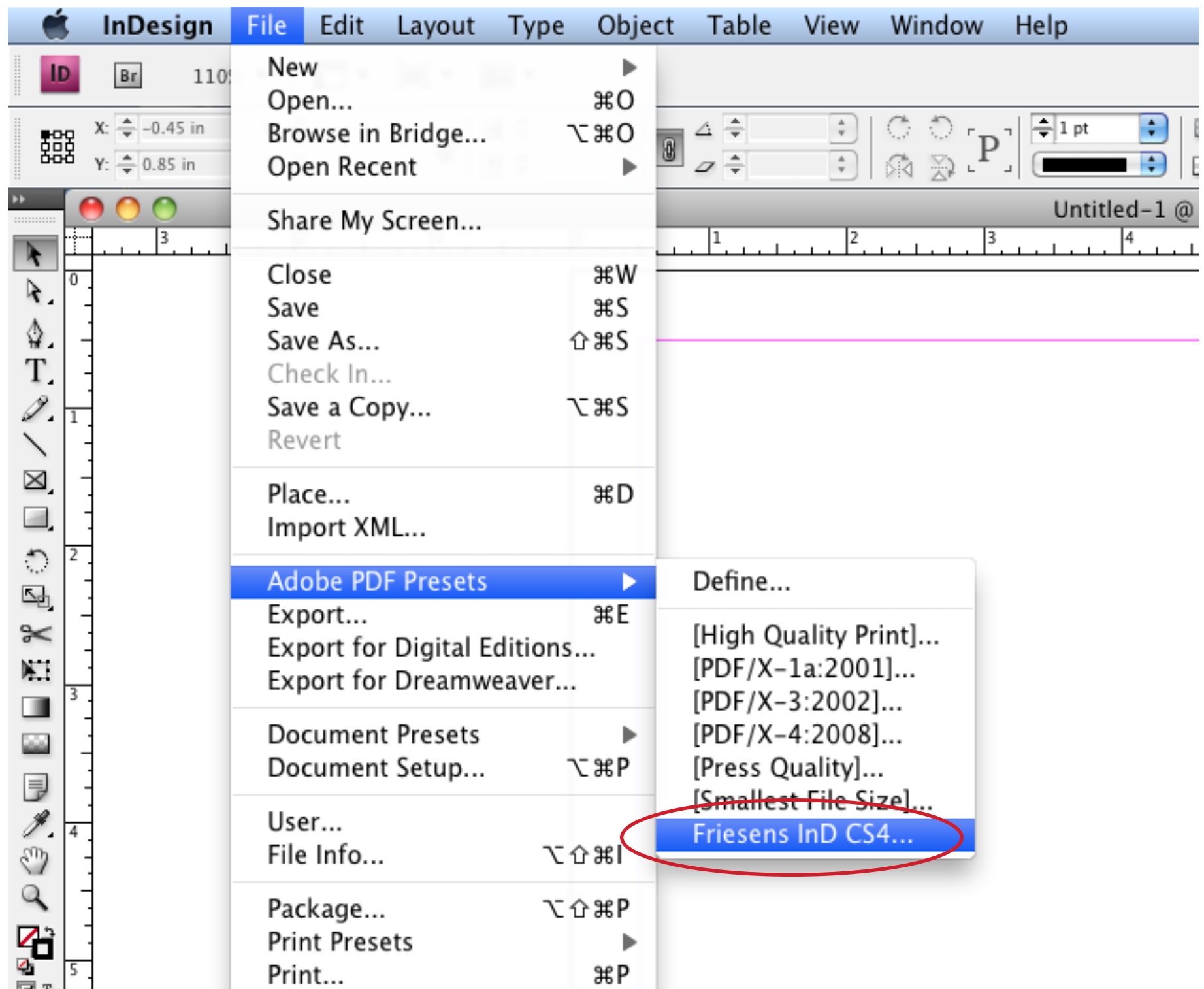


The Friesens PDF export settings are now available for use in InDesign.



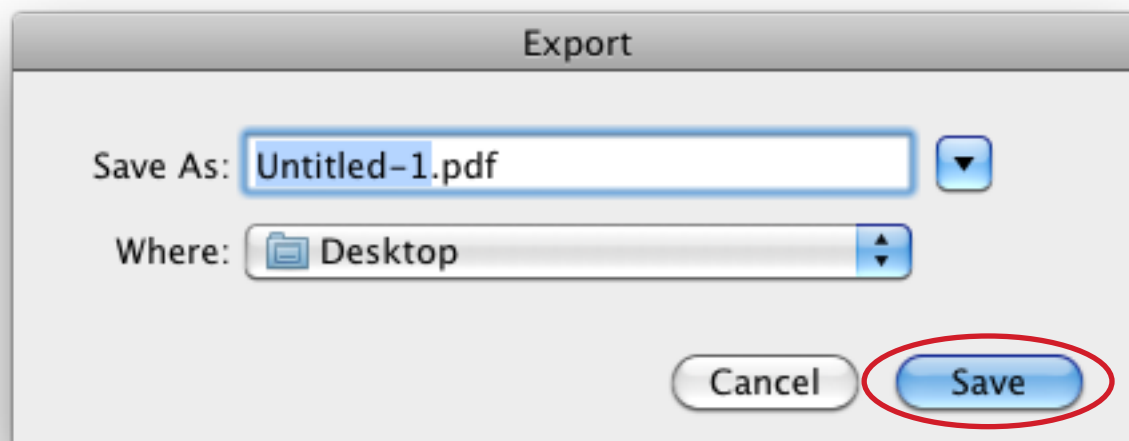
Now that the Friesens PDF settings are loaded use the following steps to create a PDF file.

Choose File, Adobe PDF Presets, Friesens InD CS4... from the menu.

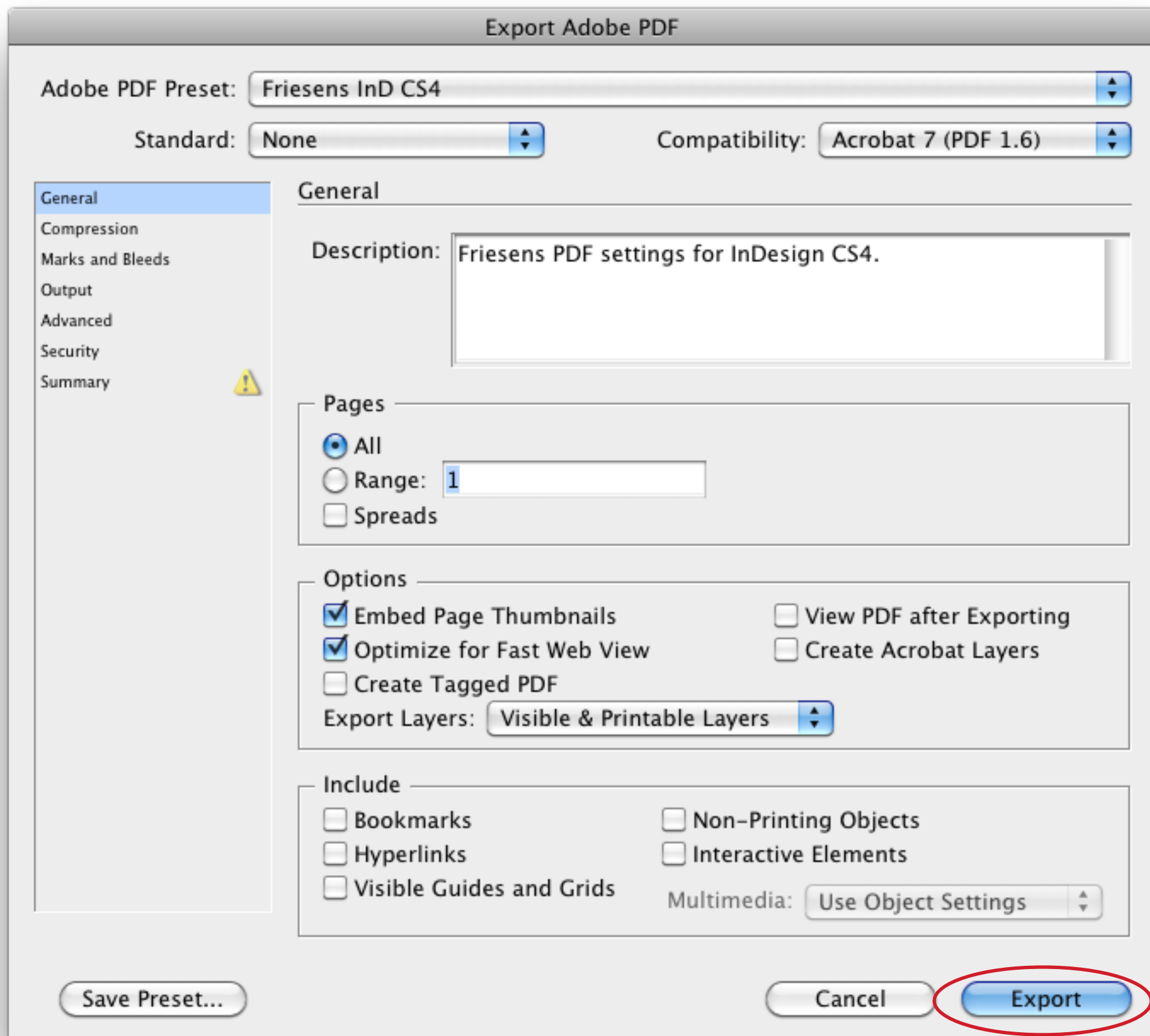




Select a name and location for your PDF file.

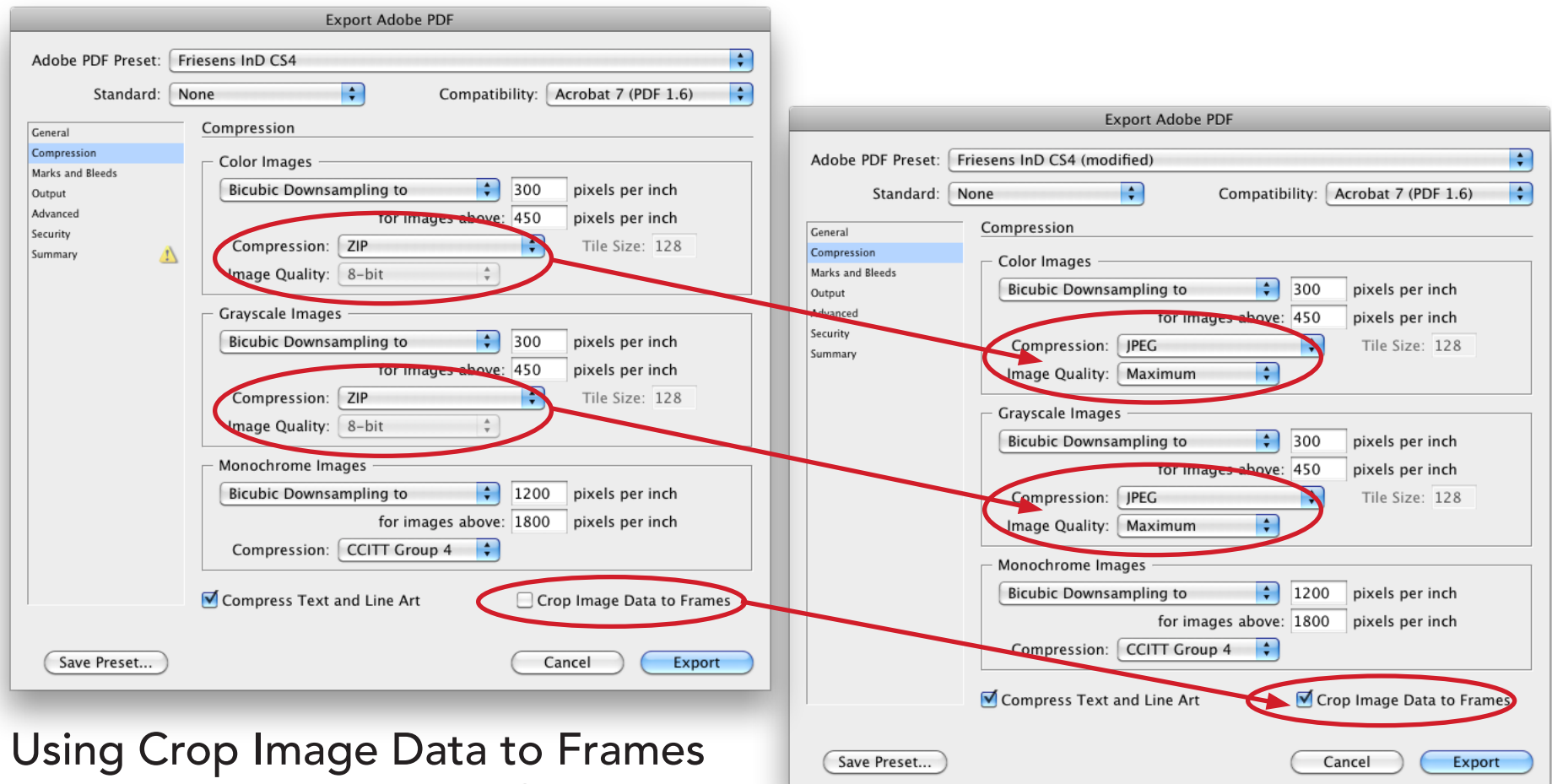


Press Save and select the following settings.



Select Export to create your PDF file.

For significantly smaller files sizes with comparable quality consider using JPEG compression at the Maximum image quality setting.



Using Crop Image Data to Frames will also reduce the PDF file size.