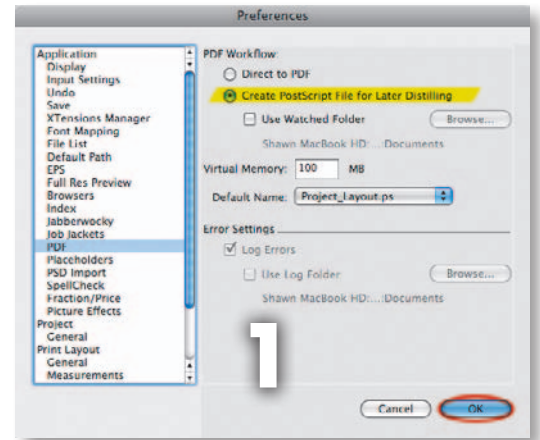


### 1. Set Quark Preferences

The PDF export filter built into Quark does not create a clean, reliable PDF. If available, we recommend that you use Acrobat Distiller to create your PDFs. To use Distiller for making PDFs instead of the built in Quark engine, go into the Preferences under the Quark menu. Click on the PDF tab and select Create Postscript File for Later Distilling.



### 2. Installing the Acrobat Settings Files

Now download the J.S. McCarthy Acrobat joboptions and Quark export settings from our website. Some files are compressed in the .zip format and will need to be decompressed before using.

Main PDF Page:

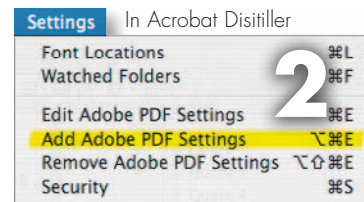
<http://www.jsmcCarthy.com/pdf.asp>

PDF Joboptions for Acrobat 6:

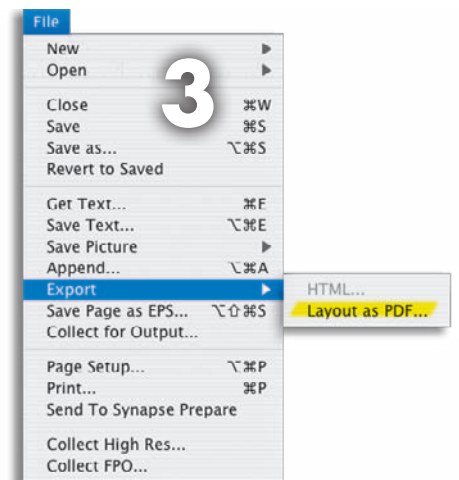
<http://www.jsmcCarthy.com/downloads/pdf/JSM-Acrobat6Settings.zip>

PDF Joboptions for Acrobat 7 and later:

<http://www.jsmcCarthy.com/downloads/pdf/JSM-Acrobat7Settings.zip>



Download the files for your version of Acrobat and decompress them. Then open Acrobat Distiller and choose Add PDF Settings from the Settings Menu. Navigate to the joboptions file you downloaded and add them to Acrobat.

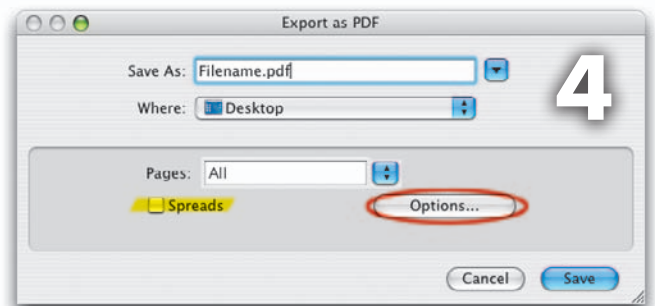


### 3. Export the Postscript

Choose Export: Layout as PDF from the File menu. Since you changed the preferences in step 1, this menu is mis-named. It will really export a postscript file instead of a PDF. We will use Distiller later to create the PDF.

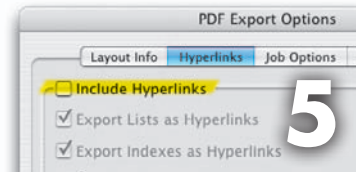
### 4. In The Export as PDF Window:

- Uncheck Spreads
- Click on the Options button.



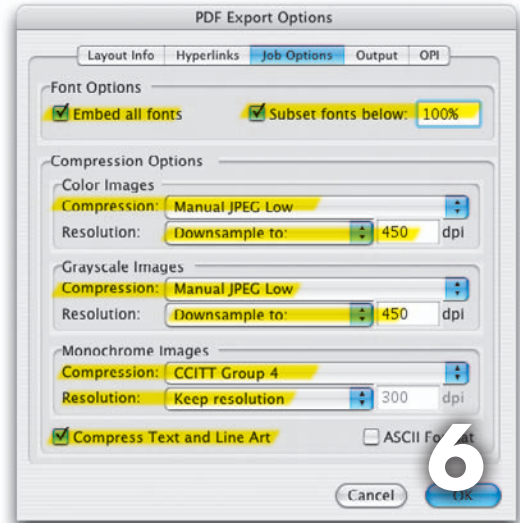
## 5. Under the Hyperlink Tab:

- Uncheck Include Hyperlinks



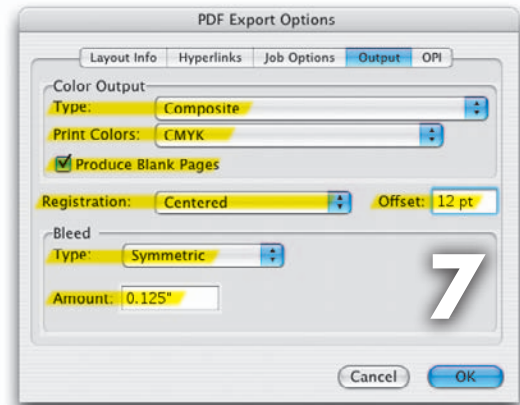
## 6. Under the Job Options Tab:

- Check Embed All fonts and Subset fonts to 100%.
- For both Color and Grayscale Images, set the Compression to Manual JPEG Low (in Quark low compression means higher quality). Set the Resolution to Downsample to 450 dpi
- For Monochrome Images, set the Compression to CCIT Group 4. Set Resolution to Keep Resolution.



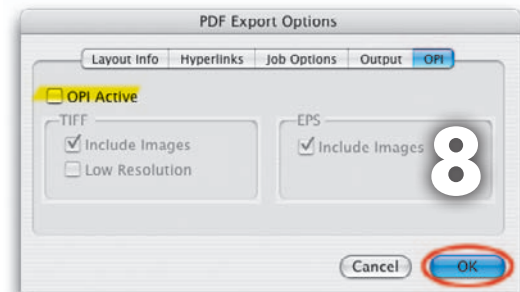
## 7. Under the Output Tab:

- Set Type to Composite
- Set Print Colors to CMYK unless your job uses spot colors. Spot color jobs should be set to Device N
- Check Produce Blank Pages (optional)
- Set Registration to Centered and Offset to 12pt
- Set Bleed to Symmetric and Amount to 0.125"



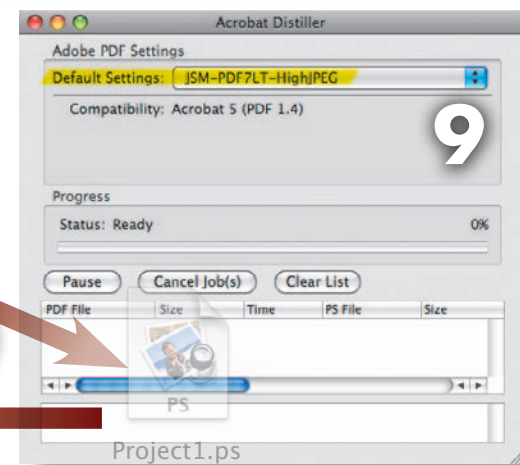
## 8. Under the OPI Tab:

- Uncheck OPI Active
- Click on OK to return to the main Export PDF window and click on Save to create the Postscript (.ps) file.



## 9. Set up Acrobat Distiller:

- Choose the JSM-HijPG joboptions you installed earlier.



## 10. Convert the .PS file with Distiller:

- Drag the Postscript file onto the Distiller Window to convert it to a PDF.



10