

SCRAPPER'S GUIDE

The Easiest Way To Learn Digital Scrapbooking. **Guaranteed.**

Running In Circles (Photoshop Elements)

Tip of the Week by Jen White on October 19, 2010

“Running In Circles.”

Webster describes this as: “to engage in energetic but fruitless activity.”

I just about fell off my chair when I read this! That's ME! No doubt!
Yes, that's right. I'm your friendly neighborhood 2 year old in a 40 year old body.



I'll grow up someday, but for now I'm having fun running in circles... and tipping off my scrapbooking buddies to awesome Photoshop Elements filters.

Speaking of filters - you've GOT to check this one out...

Step 1: Start It

In this step we'll begin our new scrapbook page and get ready to create some circular stitches.

- * Reset your Color Chips to the default of black & white by pressing the letter D on your keyboard.
- * Press the letter X on your keyboard to move black to the Background color.
- * Create a new document (File > New > Blank File) that is 12x12 inches, 300 pixels/inch, RGB color, and Background Color for the Background Contents. I like black for the background because I can see my stitches better.

- * Turn your rulers on by choosing View > Rulers from the Menu Bar.

- * Open (File > Open) a set of straight stitches. I chose some from Digital Scrapper's August 2010 kit called Back2School. This kit is available in our [store](#).

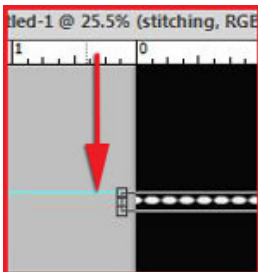
Tip: If you don't have any stitches in your digi collection, any straight ribbon will work as well.

- * Get the Move tool and drag your element onto your scrapbook page while holding down the Shift key. It is important that your element is centered on your page for best results.

- * Pull down a horizontal Guide from the ruler at the top of your window and place it directly above your stitches. We will use this to make sure our stitches are straight.

Tip: If you don't see the guide, choose View > Show from the Menu Bar. 'Guides' needs to be checked.

Elements 7.0 and older: You do not have Guides. They were added in version 8.0. You can turn on your Grid (View > Grid) to line up your stitches, then turn it back off when you are finished.

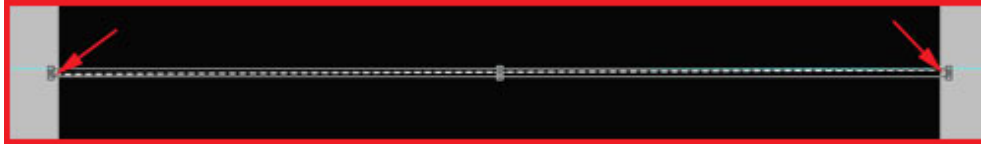


Step 2: Stretch It

In this step we will prep our stitches for distortion.

- * Press Ctrl T (Mac: Cmd T) to get a transformation outline.
- * Holding down your Alt (Mac: Opt) key, drag outward from a corner handle until your stitches stretch from one side of the scrapbook page to the other. Do not accept the changes yet, we are not done.

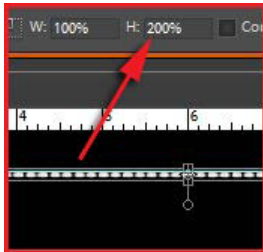
Hint: If you don't stretch your element, your finished circle will not close.



- * Hover your cursor near a corner handle until you get a curved double headed arrow. Click and rotate your stitches until the ends are exactly even. You don't need to worry about the rest of the line, just the ends. This is what the Guide line is for. Try and place both ends an equal distance away from the Guide line. Do not accept the changes yet, we are not done.

Hint: If you don't straighten your element, your finished circle will have a gap.

- * In the Options Bar, make sure Constrain Proportions is unchecked. Then change the setting of the Height (Vertical Scale) from 100% to 200%. Changing this setting to a higher percentage helps to offset some of the distortion that will take place in the next step.



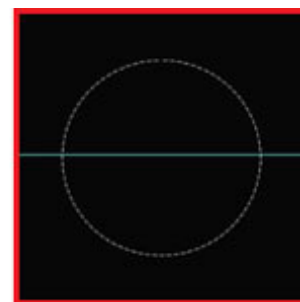
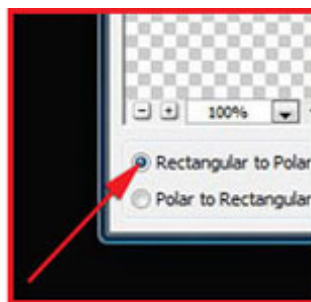
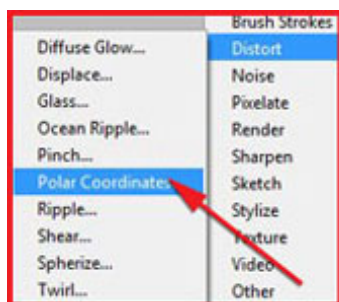
Tip: The thicker (taller) the element you use, the higher of a percentage you may have to use. Some elements I tried required 300% of a height change in order to obtain the right look.

- * Press Enter on your keyboard to accept the changes...finally!

Step 3: Distort It

In this step we will distort our straight stitches into circular stitches.

- * From the Menu Bar, choose Filter > Distort > Polar Coordinates.
- * In the box that pops up, choose Rectangular to Polar and press OK.
- * After a short wait, your stitches should become circular.



Step 4: Save It

Follow good advice and save (File > Save As) the beginnings of your scrapbook page as a PSD file. You wouldn't want to lose all that hard work!

Then check out some other fun things I whipped up using this technique...



These fun circle frames started out as a rectangular chair stamp, a rustic fall frame, and a sweet strip of ric-rac. All these are available in our October 2010 Premier kit at Digital Scrapper.

I've finished my scrapbook page that features this tip...check it out below. I hope you'll do the same and share it with me and the rest of the gang in the Tip of the Week Gallery at Digital Scrapper. Have a great week!

Credits:

Tip of the Week: Running In Circles, by Jen White

Software: Adobe Photoshop Elements 8.0

Photo: owned by Jen White, taken by Olan Mills (I'm guessing!)

Featured kit: "Thankfully" by Krystal Hartley.

This kit is available to Digital Scrapper Premier members in the month of October, 2010. After October it will be available in our [store](#).



Leap Frog To The Next Level!

Tired of learning a bit here and a bit there? Our CD, Learn Digital Scrapbooking, takes you step-by-step from rank beginner to confident digital scrapbooker in a fraction of the time!

[Find out more and get a free sample video lesson.](#)

If you enjoyed this Tip of the Week, be sure to sign up to receive the **Digital Scrapper Tip of the Week** newsletter.

**Newsletter
Signup**

For training in more **Advanced Topics** (at rock bottom prices), become a Premier member!

**Premier
Membership**