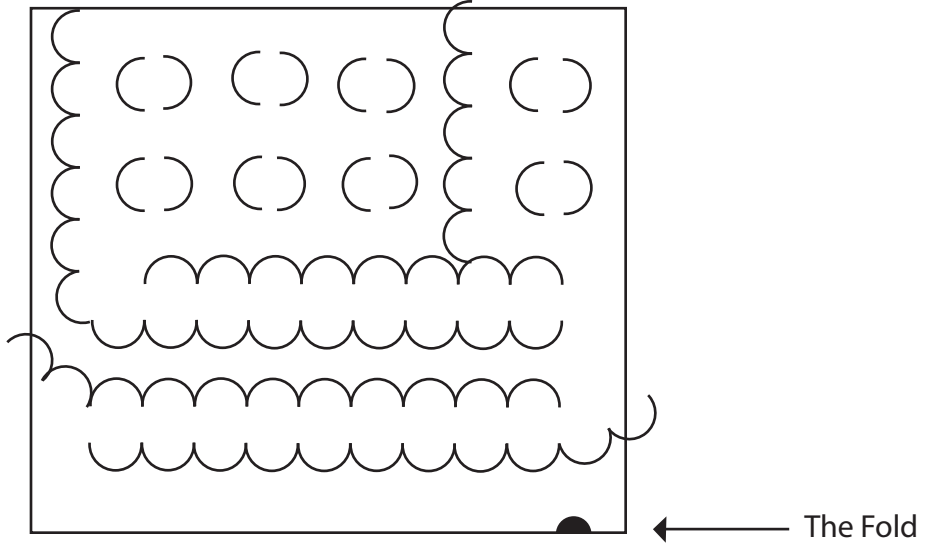First fold the paper in half

Square

The Fold

Wide

The Fold