

How to prepare JMBFS article format in some easy steps

1. Mark the whole text with Ctrl+A
2. Set up the PAGE LAYOUT
 - One column
 - Spaces before 0, behind 0
 - NO breaks, NO section
3. Set up in HOME
 - Line spacing = 1,0
 - Alignment by edge
 - Font sizes: title and authors names 10 Times New Roman, other text 8 Times New Roman
4. Set up format
 - Spaces between headings, subheadings and the text only with ENTER