First, create a header image that is about 610 pixels wide by 200 pixels. Then you'll need to upload it to your media library and save it there. Once you do, you can access the picture in your media library, and when you pull it up, it will look like this:

My Account 🗸 My B	Blogs 🗸 🕌 Blog Info 🗸	Subscribe 🗸	Search WordPress.com	This Site All Sites
Dashboard	0.0			
Blog Surfer	Update Media			
My Comments				
Readomattic	Girl Normal	File name: girlnormal_header_lowres.png		
Tag Surfer	The Industry States of remaining	File type: image/png		
Site Stats	Edit Image	Upload date: August 17, 2010		
Akismet Stats	Loit Inage			
My Blogs		Dimensions: 610 × 200		
My Subscriptions	Title *			
Upgrades		girlnormal_header_lowres		
8				
SP Posts	Alternate Text			
👰 Media 🔹 🔻		Alt text for the image, e.g. "The Mona Lisa"		
Library	Caption			
Add New				
2 Nake				
	Description			
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🖵 Comments	File URL	http://girlnormal.files.wordpress.com/2010/08/girlnormal_he	ader_lowres.p	
Feedbacks		Location of the uploaded file.		
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() Katings	Update Media			
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8		N N		
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Done			A Internet	A T 8 95% T

Highlight the entire file URL and copy it.

Copy and paste the URL into this code and then paste the entire code into the widget as shown below and then save. The code is:

(Note – the header will only show up on your main homepage, it will not show up on all your sub-pages, so be sure you also have the blog title entered in the main blog info.)

Polls	Box net file sharing		
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Appearance	Box.net file sharing	Fuend Dame Takes	_
Themes	Calendar	Front Page Intro	
Vidgets	A calendar of your site's posts	4	_
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Extras	Categories		
Theme Options Typekit Fonts	A list or dropdown of categories		
Edit CSS	Category Cloud		
😤 Users	Category Cloud		_
Tools			
89 Settings 🔍	Custom Menu		-
http://girlnormal.wordpress.com/wp-a	idmin/widgets.php	Internet	🖓 • 🔍 95% • //

[next page for more]



Use a Text Widget in this widget area and an introduction to your front page Text Title: <pre></pre>	
Text Title: <pre> cimg style="margin-top:-116px;" src="http://girlnormal.files.wordpress.com/2010/08/girln ormal_header_lowres.png" /> </pre>	o
Title: <img <br="" style="margin-top:-116px;"/> src="http://girlnormal.files.wordpress.com/2010/08/girln ormal_header_lowres.png" />	v
<img <br="" style="margin-top:-116px;"/> src="http://girlnormal.files.wordpress.com/2010/08/girln ormal_header_lowres.png" />	
Automatically add paragraphs	
Automatically add paragraphs	1
Delete Close Save	1