3. In the container application, from the Edit menu, choose Paste. (If your container application does not support OLE, the Paste command will not be accessible, and you will not be able to embed the file.)
4. In the container application, double-click the object to play it.

To play a Video for Windows file:

1. Open Media Player.
2. From the Device menu, choose Video for Windows.
3. In the Open dialog box, select a Video for Windows file (a file with an **.avi** extension) (i.e. clock.avi).
4. Choose Open.
5. Click the Play button.

To edit and embed a video clip:

1. Open Media Player.
2. From the Device menu, choose Video for Windows
3. In the Open dialog box, select a Video for Windows file (a file with an **.avi** extension).
4. Choose Open.
5. From the Scale menu, choose Frames.
6. Drag the slider control to the beginning of the selection, using the scroll buttons if necessary.
7. Click the Start Selection button.
8. Drag the slider control to the end of the selection, using the scroll buttons if necessary.
9. Click the End Selection button.
10. Click the Previous Mark button to rewind the selection.
11. From the Edit menu, choose Copy Object.
12. Open an OLE compatible application.
13. From the Edit menu in the container application, choose Paste.
14. In the Container application, double-click the object to play it.

To start Performance Monitor:

1. From the Start menu, choose Programs.
2. From the Programs submenu, choose Administrative Tools.
3. From the Administrative Tools submenu, choose Performance Monitor.