1) MAKE THE BEVELED 30 DEGREE EDGES on the full 1 x 4s for the outer frame.
2) RIP THE 1 X 4s IN TWO FOR BOTH THE OUTER AND INNER FRAMES. (for ease of measurement and planning we will make them both 1 5/8" Fence set at 1 5/8"
3) CUT MITRES ON THE ENDS OF THE BOARDS FOR THE OUTER FRAME. Remember these sit on edge attached to inner frame. 45 degree mitres at ends.
4) ASSEMBLE THE INNER FRAME, including braces if necessary. Small wipe of glue, and using he nailer, drive a couple 2 1/2" nails at each of the four butt joints.
5) ATTACH THE OUTER FRAME. Thin swipe of glue where the boards will attach, and using the nailgun drive 1 3/4" nails every 6" - 8".

SUMMARY:
1) CUT LENGTHS FOR ALL PIECES OF INNER AND OUTER FRAMES
   - THIS WILL BE 4 PIECES 1 X 4 FOR EACH STRETCHER, plus piece for brace.
2) DO THE 30 DEGREE BEVELS ON THE PIECES FOR THE OUTER FRAME
   - IT IS EASIER AND SAFER TO DO WHEN THE BOARDS ARE STILL 1 X 4s
3) RIP ALL THE BOARDS DOWN TO 2 PIECES 1 5/8s
4) DO THE MITRES ON THE ENDS OF THE BOARDS FOR THE INNER FRAME.
5) ASSEMBLE THE INNER FRAME. LAY OUT AND MEASURE FIRST TO MAKE SURE YOU HAVE IT CORRECTLY POSITIONED.
   - INNER FRAME 1 1/2" SMALLER THATN OVERALL DESIRED STRETCHER
   - LONGER SIDE 'INTERNAL' TO THE JOINT
   - NAIL GUN AND 2 1/2" NAILS IN EACH BUTT JOINT
   - ADD BRACES NOW IF NECESSARY
6) ADD OUTER FRAME TO INNER.
   - BEVELS UP AND ON THE OUTSIDE
   - MITRES AT EACH CORNER
   - NAIL GUN USING 1 1/2" OR 1 3/4" NAILS EVERY 6 - 8 INCHES.

MOST IMPORTANTLY CLEAN UP, AND PUT AWAY TOOLS
- INCLUDES BLOWING OFF SAWS, SWEEPING, AND WIPE UP GLUE!!

NOW CLEAN UP! PUT AWAY TOOLS. BLOW OFF SAWS. SWEEP. THOROUGHLY RINSE GLUE OFF TABLES.