```css
.box {
        border:1px solid black;
        background-color:white;
        width:400px;
        height:200px;
        padding:20px 40px;
}


h1 {
        font-size:30px;
        padding:5px 20px;
        border-bottom:1px solid black;
}


h1 {
        font-size:30px;
        padding:5px 20px;
        border-top:1px solid black;
        border-bottom:1px solid black;
        display:inline-block;
}
```