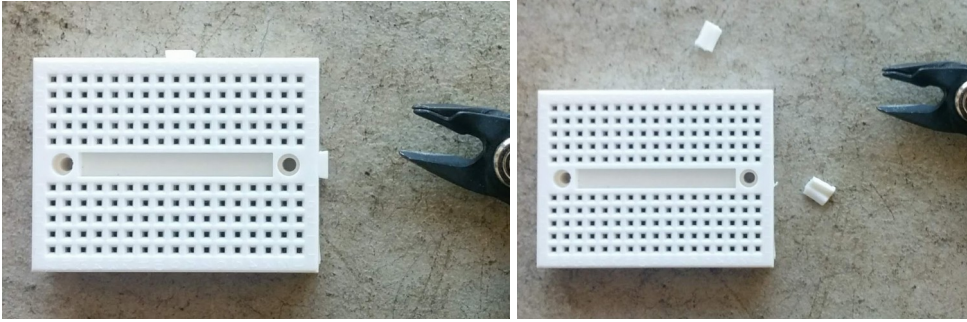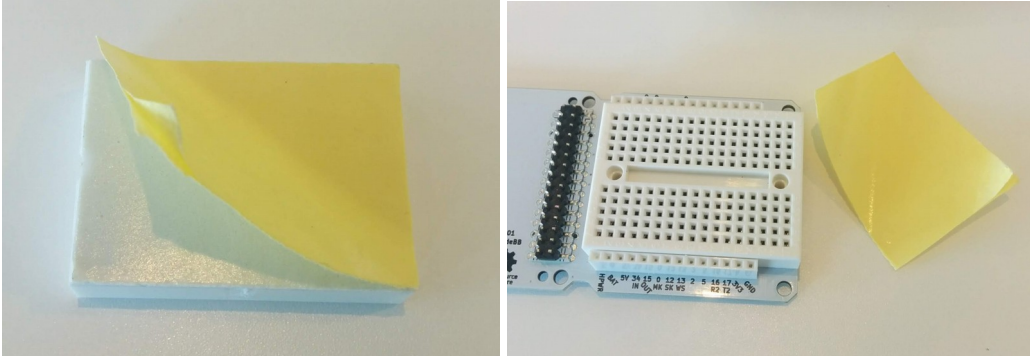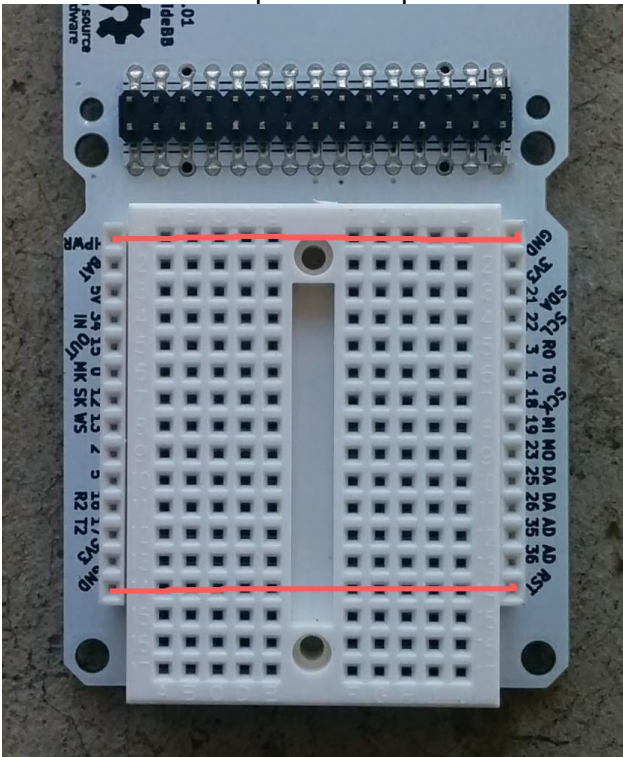Remove connectors on a bread board.

Put the bread board between pin sockets.

Make sure the hole position of pin sockets and bread board are parallel.(Does not shift over 0.7mm)

Put female side for out side of PCB.