Insert toilet paper in this end like example 1 and 2 below
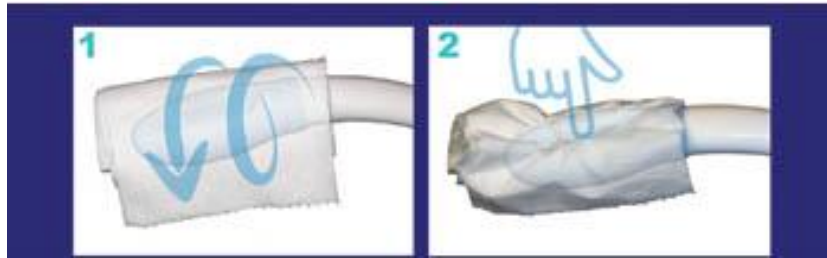
1

2

When finished – push this end to release the paper

4