The Compose Menu

- New Composition will open a blank window for composing an article or a mail message.
- Open Composition… will open a saved composition.
- Forward Article will open a Compose window with the entire text of the article you were just reading so that you can forward it to another person via electronic mail
- Convert Selection (Rot13) will encode or decode the currently selected text using   the 'Rotate 13' method.
- Insert Text File… will insert the contents of a text file into a composition.
- Quote Selected Text will reformat the text currently selected in a Compose window to indicate that you are quoting the text of another article.
- Save Window Position and Size will store the current position and size of the Compose window. InterNews   will initialize all other composing window to that position and size. The current split bar position will also be remembered.
- Set Composing Font… will let you set the font for the lower pane of a composing window.