Setting Up:

First, open the QuickPop control panel.   To be able to use the QuickPop pop-up menu you must click the "Popup" check box or the "Keys" box to the right of the "Popup" check box to define which key(s) (option, command, control, shift or any combination of these keys) will bring up the QuickPop pop-up menu when you click and hold down the mouse button.   Turn the QuickPop menu off by unchecking all four check boxes.

To define "Hotkeys" for any Apple Menu Item, FKEY, control panel, application or document, double-click (or click an item in the list and hit the "Return" key).   You can now select which item to open by selecting from the pop-up menu near the bottom of the dialog (see Figure 1 in the chapter "QuickPop Popup menu").   Next, type the "Hotkey" combination you'd like to assign to this item.

Example, let's say you wanted to use the keys Control-Q to open up the QuickPop control panel at any time.   Just type a 'Q' while holding down the Control key to set the "Hotkey".   Now select QuickPop from pop-up menu (the pop-up menu could have Apple Menu Items, Control Panels and QuickPop Folder Items to choose from).   Once you close the QuickPop window (and if you have QuickPop installed in the System Folder), hitting Control-Q will open the QuickPop control panel for you!