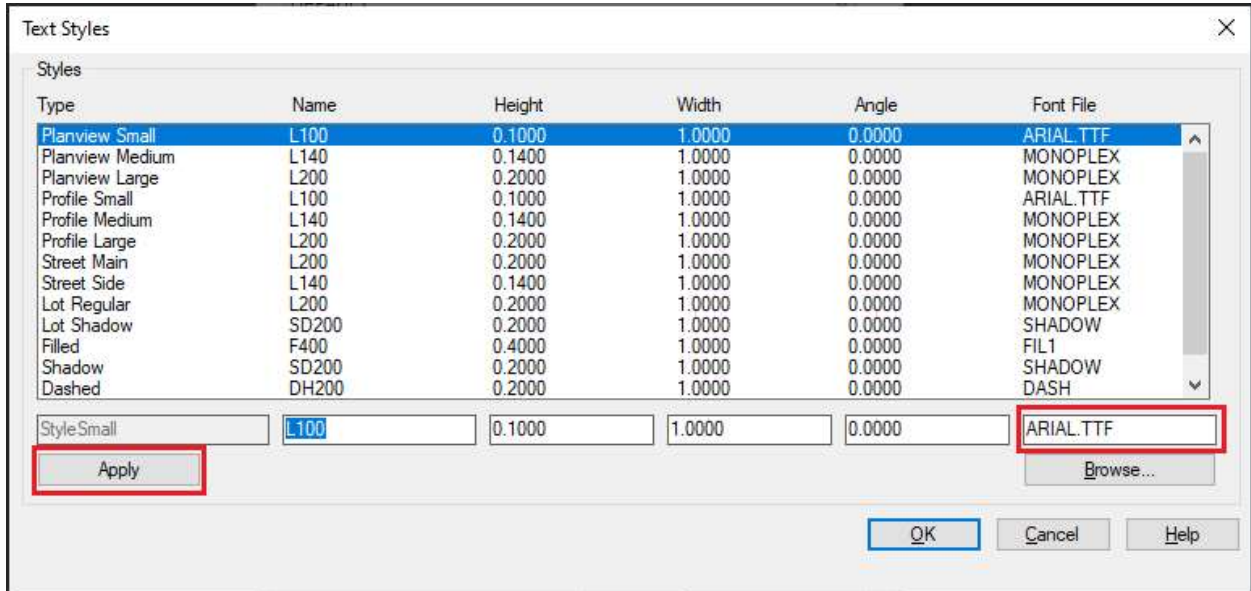If you want to use TTF (TrueType Fonts) like Arial, you have to know the file name of the font. Arial = arial.ttf, Arial Bold = arialb.ttf
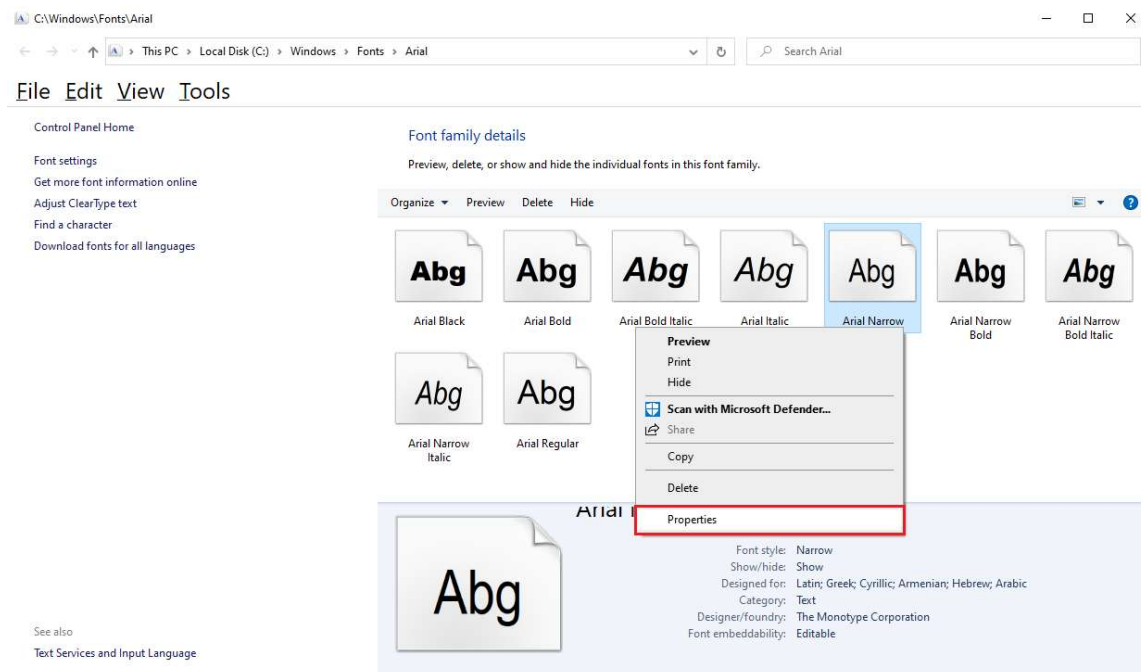
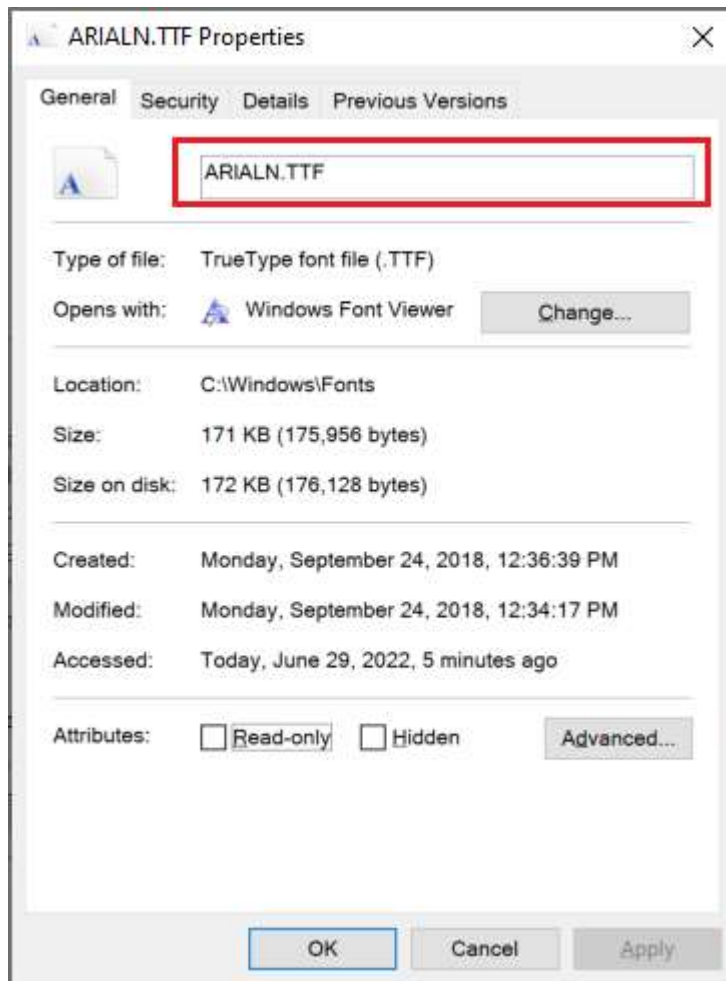 Manually type the file name in the edit box for the Font File and select the Apply button.

 If find a TypeType font file name go to the C:\Windows\Fonts folder

Local the font name

Highlight the font, right click and select "Open in new window"

Highlight the font type (i.e. Arial Narrow) and right click and select "Properties"

Enter the file name including the ".tff"