How to add your favorite documents, applications, etc. to be useable by QuickPop:

System 7 only.   To be able to open your favorite documents, applications, FKEY files, or folders, create aliases of each file from the Finder with the "Make Alias" command in the "File" menu.   Put all the aliases inside the "QuickPop Folder" in the System Folder.   The "QuickPop Folder" will be created the first time you open the QuickPop control panel.   After placing any aliases in the Folder the files will be instantly accessible for opening from the QuickPop popup menu or from a "HotKey"!

If you'd like to organize your aliases instead of having the QuickPop Folder submenu with 1 long list of files, you can create up to 20 folders in the QuickPop Folder (which resides in your System Folder).   The folders names' will be submenu's available from the QuickPop Folder menu.   After creating the folders, just drop the aliases in to the appropriate folders.