Using the TStrings.ValueFromIndex property

Delphi 7 added the *ValueFromIndex* property to *TStrings*. Here's how to use it:

```
var
  MyStringList: TStringList;
  // ...
begin
  // create a populate string list with name=value data
  // ...
  str := MyStringList.Values [MyStringList.Names [I]]; // old
  str := MyStringList.ValueFromIndex [I]; // new
```

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