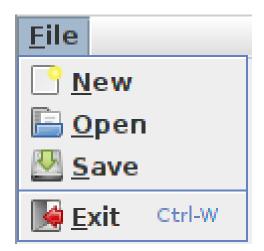
Create Menu on the menu bar as follows:



File: create sub menu as:



Edit: create sub menu as below:

