Outlining Text

1

Type your text on a clean background. Save the selection, but don't deselect it.

2

Select your outline color as your foreground color (black in this example). For a rounded edge, select Edit>>Stroke, type 6 pixels from the CENTER, and click OK.

3

With the text still selected, fill with any color or texture.

For a straighter edge on your text, save your selection (step one), choose Selection>>Modify>>Contract: 1 pixel, and fill with any color or texture. Load your selection again (CTRL+ALT+4) and select Edit>>Stroke: 3 pixels from the INSIDE. You end up with the same effect, but with sharper edges.

This tip comes from
ScreamDesign.Com