

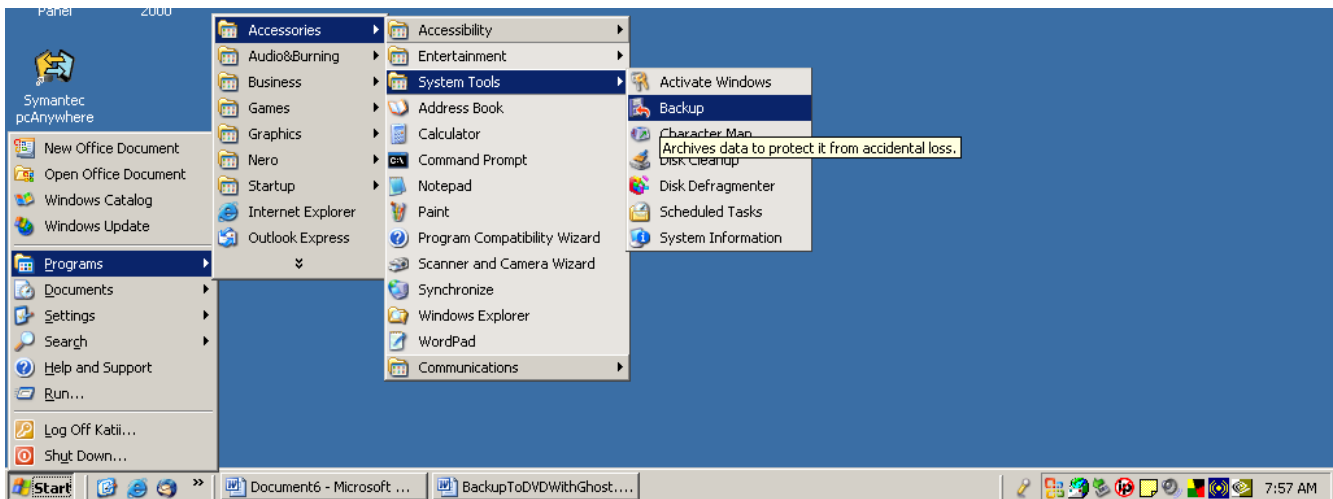
## How to Restore a Microsoft Backup File

What you need:

- Your PChelp2U backup file on DVD or CD
- Your computer with Microsoft Windows XP completely
- Anti-virus, anti-spyware or anti-adware software that you are licensed to use.

Place the DVD or CD into your DVD-ROM drive.

Enter the Backup utility.

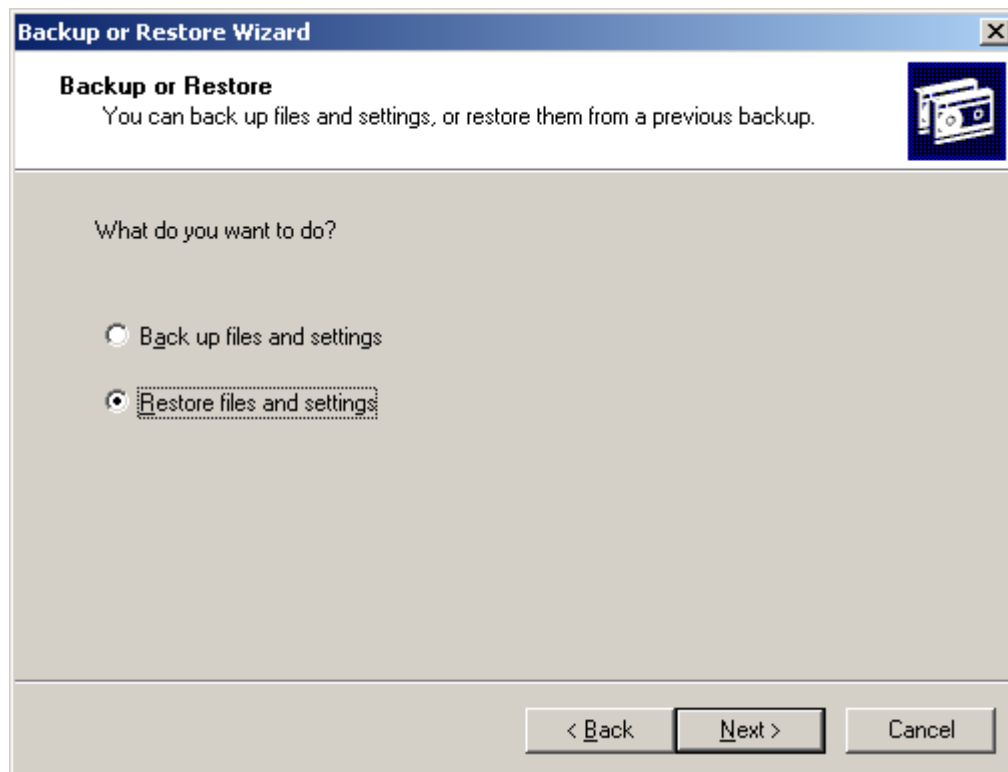


*Click Start -> Programs -> Accessories -> System Tools ->Backup. (You may need to click the double arrow at the bottom of the list in order to expand the entire list of programs.)*

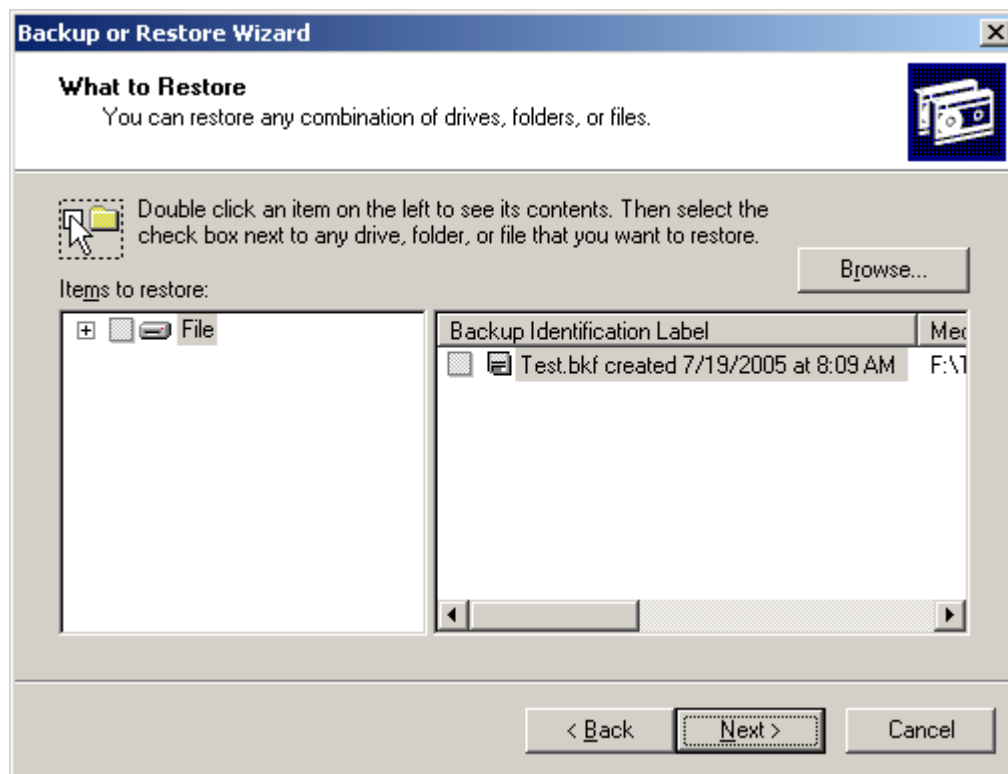
You should get a welcome screen for the Backup Wizard.



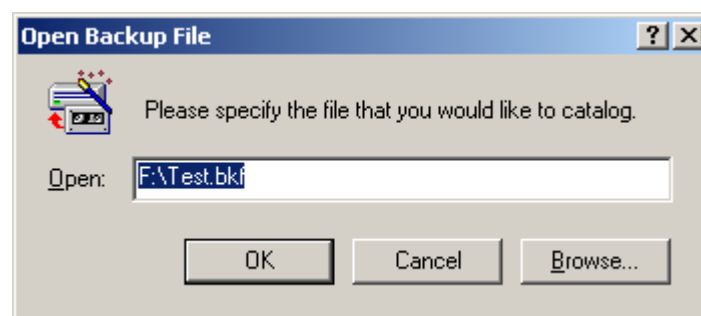
Click the "Next" button.



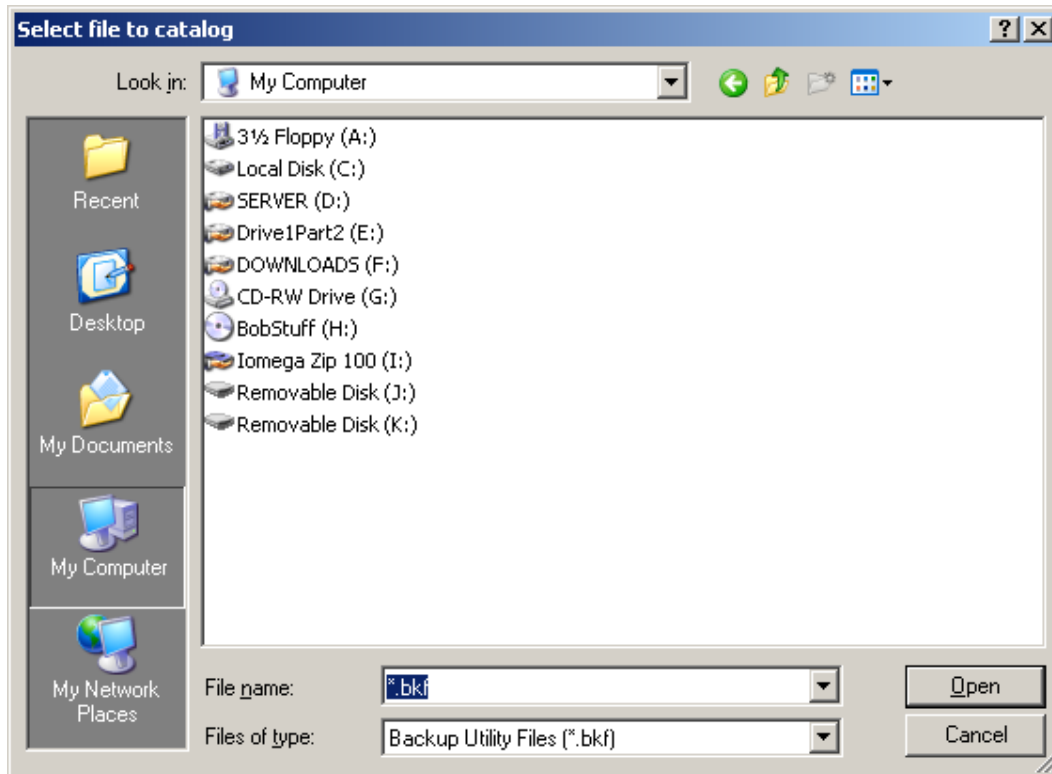
Click the dot next to “Restore files and settings”, and then click the “Next” button.



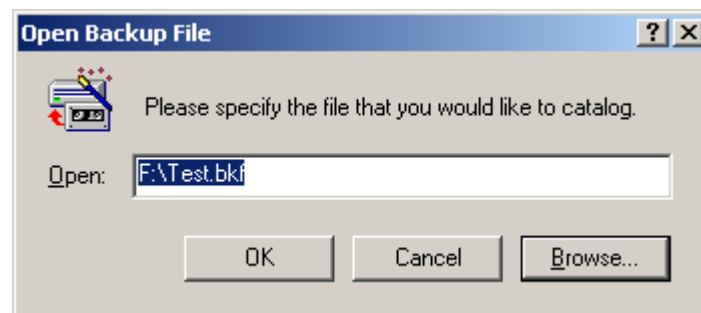
On the **What to Restore** page, click the “Browse” button.



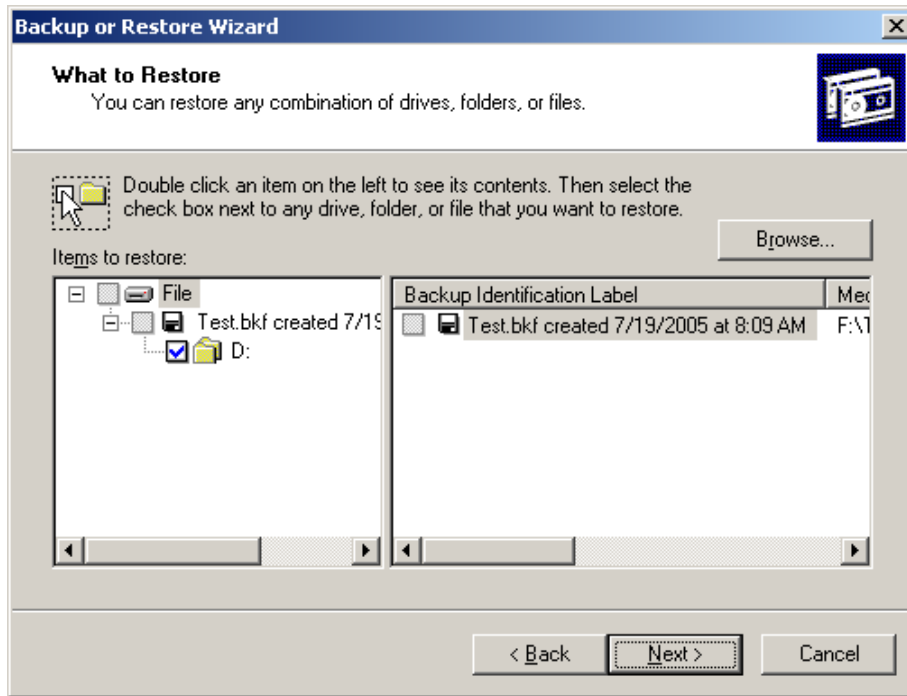
In the **Open Backup File** box, also click the “Browse” button.



In the **Select file to catalog** box, to the left there is a **My Computer** icon, click this once. In the center of the box there will be a list of drives. Double click on the DVD-ROM drive that contains your backup file. Double click on your backup file, in this case, **20050719Backup.bkf**



Returning to the Open Backup File box, you can now click “OK”



Returning to the **What to Restore** box, you will see in the left hand pane the name of your backup and the date it was created. Click the “+” next to it and any other, until you see a small white box. Click this box, which will place a blue check mark in it, then click “Next”.



Click “Finish”. Note that if existing files have the same name, they will not be overwritten.