ut, Copy, Paste, and Clear work with text or time entries.   Pasted time entries are always appended to a TimeTracker document.

Select All either selects all time entries or selects all the text if you're working with text.

Unselect All unselects all time entries.

Edit Time Entry… brings up the Edit Time Entry window.

Edit Charge… brings up the Edit Charge window.

Preferences displays the preferences sub-menu.   Select one of the items in the sub-menu to bring up that preference selection.