How to work with background overlays in PSP: This is the simplest way. I will show you other ways too.

1. Open a background overlay, such as the one below.



2. Click on Adjust > Hue and Saturation > Colorize (see below)



3. The Colorize box will now be open. The slider bar under Hue chooses the color, and Saturation will make the color darker when you slide it to the right, and lighter when you slide it to the left. When you have the color and saturation you like, click OK.



4. Your background will now be filled with your chosen color. It is that simple!

