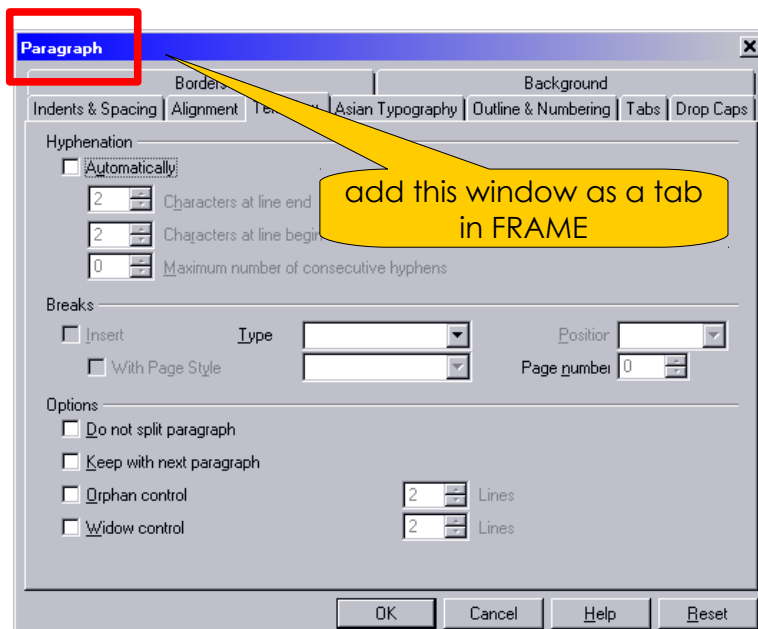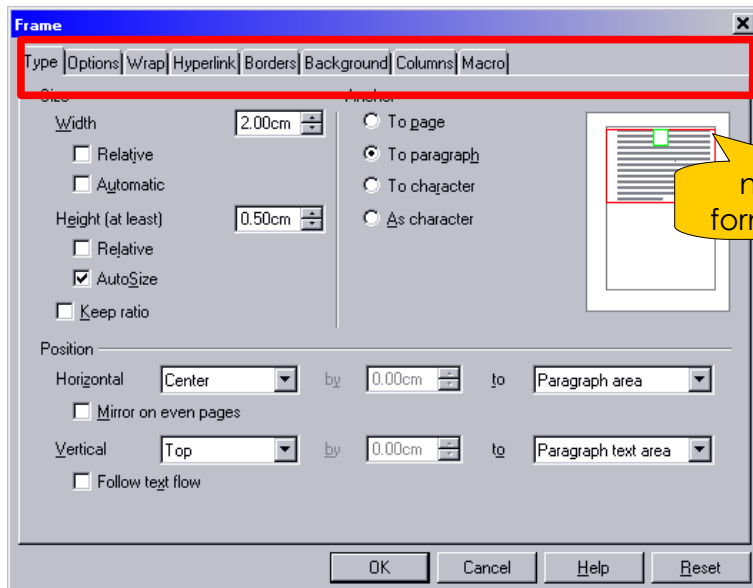Insert / frame /
after FRAME window appears click OK and start typing in the box.

The text in a box could be a longer one . For that, automated hyphenation and other paragraph formats become important. However, the window FRAME does not contain the tabs to format the paragraph. Therefore, it becomes necessary to select PARAGRAPH additionally to format the paragraph. This slows down productivity.

Request: Please add the normal PARAGRAPH window as a ab to the FRAME window

no paragraph formating possible

add this window as a tab in FRAME

Request: Please add the PARAGRAPH window as a tab in the FRAME window

Such kind of combinations would be very helpful in other situations as well.
For example when you select an object like a rectuangle, call our etc., the AREA and LINE windows can be combined with tabs.