The first thing you have to do is find the gold background that you want to use open it up in WC 7.3 and then save it as a bitmap image

then delete the background from your project page
start your new project by selecting the dimensions you want and set your properties accordingly

type your text and choose your font (you can change this as many times as you want later if you dont like the results after you get it done)

go to the top of the wc page and click on the drop down menu by the word "Brush"
choose "Texture"
next to that box is a box with 3 little dots in it ...click there
select the plus sign (across from the word image)
find your bitmap background image and it will add it and there you have your gold text

to add an outline to it ..click on the lower color box and choose your outline color then click on the size button to adjust the thickness of the outline...(it has to be at least 1 for you to see it)

you can also use silver or any other background you want, you just have to first save the background as a bitmap (which is why you have to have 7.3 ....that has the option to save as bitmap)