Inserting new notes exactly where you want them

When you drag notes from the palette to the staff, the time where the note will be inserted if the mouse is released is displayed at the top of the screen:

Using the example above, if the mouse was released, the staff would look like:

While editing a track, you may want to try changing the --no grid-- field to the smallest time period you want to work with, e.g. 16th notes.
The staff will be divided by equally-spaced vertical lines, making it easier to insert new notes and drag existing notes to the exact spot you want them. To insert new notes with the mouse, click on a note in the palette above the Insert Rest button, e.g. a 16th note, and then click anywhere on the staff where there is not an existing note, and a new one will be inserted. To make this process even easier, try changing the Zoom field from 100% to 150%. When you are done editing, you can change it back to --no grid.