1. First launch the putty application in the normal manner.

2. Right click to the right of the word PuTTY

3. Choose change settings

4. Select colours and Default Background.
5. Change the RGB value: for Red Green and Blue to 250 (This will be almost white.) Click on Apply.
6. Repeat for the Default Foreground but use the values 30, 30, 30 for Red, Green, Blue.

7. The new screen looks like this.