From Scratch Conversion Program

Overview

The From Scratch conversion program is designed to work with From Scratch, the Recipe Processor For Windows. The program will allow you to swap recipes with other users, as well as convert recipes from other recipe programs into From Scratch. It also has a feature that allows Windows users who own Word for Windows or Word Perfect version 5.1 and above to format the recipes using that word processor. This means you can create your own cookbook easily using your PC!, including features like page numbers, truetype fonts, headers, and footers!

The terms 'Export' and 'Import' are used throughout this manual. Export refers to the conversion of recipes **out** of From Scratch, and Import refers to converting recipes in.

How to Import

Once you've started the conversion program, you'll see a single menu option, 'File'. Choosing Import from the file menu leads you to the following choices:

Meal Master - this option will allow you to read an export file created by any version of Meal Master, a very popular DOS recipe program. There are literally thousands and thousands of free recipes available in the Meal Master format from BBSs and download services such as Compuserve. This feature allows From Scratch users to take advantage of them.

There is a special meal master option for very large files. This option will not list the titles from the meal master file on screen, but will read them all automatically. This option is not recommended for normal use, since less error checking is done when the file is not formatted for the screen.

From Scratch - this option allows you to read a file created by the Export option of the From Scratch conversion program. Typically, this would be recipes typed in by another From Scratch user.

Compuchef (DBSoftware) - this option allows you to convert the files used by Compuchef into your From Scratch database.

Compuchef (Micro system design) - this option allows you to convert the export files created by Compuchef into your From Scratch database.

Special note: There are two programs in shareware that go by the name COMPU-CHEF produced by two different companies. Check the signon screen or documenation to see which one you have.

Micro Kitchen Companion Lite Databases - this option will actual database files used by Micro Kitchen Companion. They will end in a .Y or a .D. From Scratch users can now purchase the Betty Crocker databases, but are not restricted to using the Micro Kitchen Companion to read them!

Micro Kitchen Companion Comma Export files - this option requires Micro Kicthen Companion version 5.1 You must load your recipe file database into MKC and then choose File Utilities, Create a Text File, and use the comma option. The resulting file may then be imported into From Scratch.

MicroCookbook II files - this option reads files from Micro Cookbook II which have been created with that program's export option.

ASCII files - this option reads an ascii (simple text) file and allows you to highlight the various sections of the recipe (title, ingredients, directions, etc.), to import from virtually *any source!*

First, you'll be prompted for the file to use. By convention, From Scratch files end with '.FS'. Enter a file name. For example, if you've chosen to import a From Scratch file, you may choose the file 'BONUSREC.FS', which contains about 90 recipes, and is included as a bonus with registration (purchase) of From Scratch.

Next, you should see a screen containing a list of all the recipes in the file. Note that there are two buttons on this screen labeled SELECT ALL and SELECT NONE. What you should do at this point is select the recipes you'd like to import. If you'd like to select all of the recipes, use SELECT ALL. Otherwise, use the mouse to click on the recipes you'd like.

Note that there is also an checkmark option on this screen labeled 'stop and review'. If this box is checked, the system will stop and let you change the title, keywords, and instructions for each recipe as it is converted. If it is not checked, the recipes will be read automatically, and you will only be asked to manually intervene if the recipe being imported already exists in the database under the same exact name.

Another checkmark option will automatically rename duplicate recipes. For instance, if you have a recipe on file named "Bettys Gumbo", and you attempt to import another with the same name, this option will automatically rename the imported recipe to "Bettys Gumbo2".

Finally, press OK to begin the conversion process.

You should see the names of the selected recipes go by on the screen as the recipes are read. Eventually you will be returned to the previous screen, where you can select more recipes or press CANCEL when you're through selecting or have exhausted the list.

Special note for the Micro Kitchen Companion lite conversion: A number of fields like cuisine, etc will be inserted into the Notes field of From Scratch. Only the nutrition information that is supported by From Scratch will be imported.

Special note regarding Compuchef (DB) conversion: The keywords will be filled in automatically if the filename is one that Compuchef (DB) uses to organize its information. If the filename starts with X, for instance, it is assumed to be a dessert.

Also, for the CompuChef (Microsystems) conversion, if the ingredient is longer than the space allocated by From Scratch, it will continue into the 'preparation' field.

Using the ASCII reader

The ASCII (simple textfile) option allows you to read recipe files in virtually *any* form, as long as it is in a readable text file. This is appropriate for recipes from BBS systems, the Internet, America Online, and those that may have been typed in using word processors. First, read in the ASCII file as per the instructions above, using the 'Any ascii file' menu option. You should see contents of the textfile in a window titled 'The From Scratch ASCII reader'. Now, using the mouse, highlight the recipe's title.

(To highlight text, you press and hold the mouse button while moving the mouse). Once you release the mouse button to complete the highlight, you should see the title appear in the lower right corner, in the 'memory' section. This tells you what is in 'memory', ready to be imported. Now click on the type-in area for the **Title**. Note that the type-in area for Title now holds the title from the text file. (You may change the title by typing, too).
Continue this process for the other portions of the recipe - servings, ingredients, directions, etc. All of the ingredients lines should be highlighted with the mouse at once. Note that some parts of the recipe (origin, oven temp, etc.) are called 'Misc fields' and require you to make a selection to choose among them.
When you have filled this screen with the information from the text file, use the **Write** button to write the imported recipe to the database.

How to Export

The export process involves these steps. To start, choose the File/Export menu option:

First decide what kind of export file you'd like to create. Currently the following options are available:

From Scratch file
> This option should be used when you want to swap recipes with other users. This will create a text file, where all information is included, and recipes are seperated by astericks and header and footer information.

Text file (ASCII)
> This option will create a plain ASCII text file that you may read into notepad, or virtually any word processor for.

Word for Windows merge file
> This option creates a special file that can be attached to a Word document as a data file. This allows you to format a 'template' that describes how to print your recipes using Word, and then print out as many recipes as you wish in that style without reformatting each one.

Word Perfect for Windows merge file
> This option creates a merge file for Word Perfect version 5.1 and above. See above for a description of why this would be used.

Next fill in the filename you would like to copy some (or all) of your recipes to.

Next, you'll see a list of all the recipes in your From Scratch database. You may use the mouse to select one, some, or all of the recipes to convert. To select all recipes quickly, use the SELECT ALL button. You may also press the first letter of a recipe name to move to that recipe quickly.

When you've selected some recipes to export, press OK. Eventually, the program will return to the selection screen ,and you may repeat the selection process or press CANCEL to end the export procedure.

Exporting to Word for Windows merge files

Follow these steps to format your recipes using Word for Windows:

1) Export the recipes to a file, selecting the Word for Windows option. You may select as many recipes as you like. For the sake of example, use the filename RECIPES.DOC this time.

2) Start Word for Windows, and open the FSWORD.DOC document included with the From Scratch package. (It will be located in the From Scratch directory, usually \ FSCRATCH).

3) Choose the menu options File/Print Merge, and then select the button labeled Attach Data file. Enter the filename you used when you exported the recipes (in the example above, \FSCRATCH\RECIPES.DOC).

4) You can now choose the File/Print Merge option and choose the Merge button to print your recipes.

5) Note that you may format the lines any way you wish - it is suggested that you use the File/Save as option to save any changes you make to the document under a seperate file name, leaving the original FSWORD.DOC file intact. If you choose the Word menu option Insert/Field, and select Merge fields, you'll see all the fields that describe your recipe - Title, Keyword, etc.

Special note: The lines of ingredients are stored as QUAN1,MEAS1,INGRE1,PREP1, etc., and there are room for 25 ingredients per recipe.

Exporting to Word Perfect merge files

Follow these steps to format your recipes using Word Perfect:

1) Export the recipes to a file, selecting the Wordperfect option. You may select as many recipes as you like. For the sake of example, use the filename RECIPE.WP this time.

2) Start Wordperfect for Windows, and execute the following commands:
	Select Tools/Merge/Merge
	In the prompts provided, type the following:
	primary filename:\FSCRATCH\PRIMARY.WP
	secondary filename:\FSCRATCH\RECIPE.WP
	(If you chose to install into other than the FSCRATCH directory, replace that
name above)
3) You should see a new document that includes all the information from the recipes you've selected,

4) Note that you may format the lines in PRIMARY.WP any way you wish - it is suggested that you use the File/Save as option to save any changes you make to the document under a seperate file name, leaving the original PRIMARY.WP file intact. If you choose the Wordperfect menu option Tools/Merge//Field, you'll be able to add any fields anywhere you wish. If you open the RECIPE.WIN in WordPerfect, you'll see all the field names that describe your recipe - Title, Keyword, etc.

Special note: The lines of ingredients are stored as QUAN1,MEAS1,INGRE1,PREP1, etc., and there are room for 25 ingredients per recipe.