From Scratch
Index

An overview of From Scratch

Here are some of the features From Scratch offers:
Unlimited number of recipes (limited only by disk space)
Unlimited number of ingredients per recipe (also limited only by disk space)
Print recipes with Windows fonts, user control of size, italics, centering, etc.
Includes fields to track where recipe originated, time to prepare, and in-depth nutrition information.
Search for a recipe containing any part of ingredient, keyword, title, Origin, Time to prepare, or nutrition information.
Shopping list manager that sorts by category, so the list will be in a logical order when you shop
A starter shopping list is included, to ease data entry.
Ingredient entries include a special field for preparation.
Up to 10,000 characters per entry can be included for instructions.
Yield conversion uses the computer to multiply the amounts of ingredients,   even for fractions!
Print recipes and shopping lists on over 700 different Windows compatible printers
Printouts include the date printed, page number, and can span unlimited pages.
Easy to use design simulates a stack of recipe cards
Speedbar allows common procedures to be performed in a single mouse click
dBase compatible file format allows you unlimited access to your information
State of the art Windows design includes bit mapped buttons and textured windows
Ability to copy a recipe to the Windows clipboard
Optional conversion of measurement units
Print to file option
List format in addition to card file format
Definable colors, display options, etc.
Draft mode for dot matrix printers
Unique searchable notes field
Search through recipe instructions
Status bar displays number of recipes and disk space free

Plus, when you register 'From Scratch', you'll receive a database of over 50 recipes, and a program that converts recipes from other programs.

System Requirements
From Scratch requires an IBM PC compatible computer capable of running Windows 3.1.0 or   above, and Windows 3.1 installed . A printer is required to print the recipes. A mouse is recommended, but optional. In order to accommodate the toolbar, Windows must be running in VGA mode or higher.

About Shareware

From Scratch is a shareware program. Shareware allows you to try software before you buy it. You may have received From Scratch from one of   many different sources, but you are licensed to use it only long enough to decide if you actually want to use it. Once you've decided to use From Scratch, and you are no longer simply 'trying it on for size', you are required to purchase it by registering it. To register, choose Print/Order form from the main menu of From Scratch and fill out the form that will appear on your printer. Once you enter your own recipes into From Scratch, and appreciate its features, you'll surely want to register it for $34.95.

        To register by phone:

800-242-4PSL

You can charge to your VISA or Mastercard.
This number for orders only.
For questions, call 516-944-3254.

        To register by mail:

Run the program, and select the menu items Print/Order form. Fill out the form that will appear on your printer, and send it to the address specified, along with payment in check, made out to Desktop Solutions.

What does Registration do for me ?

A disk containing the newest version of 'From Scratch'
A printed version of the latest manual
Over 90 great recipes in From Scratch format
A program to convert recipes from other programs to From Scratch format
Technical support (by mail and Compuserve)
A registration key that will allow you to personalize any future version of From Scratch to include your name in the About box, and will remove the 'shareware reminder' screen at the beginning of the program.

Installing From Scratch

If you've downloaded From Scratch from a BBS or on-line service, you will proabably first have to use a decompression (unzip) utility to extract the individual files from the package you've downloaded. Check your BBS or service for details.

Insert a disk containing the From Scratch files in drive A:
Choose File/Run
Type A:Setup
Follow the directions on your screen.

You should have a new icon to launch the 'From Scratch' program (It looks like the international sign for a restaurant). You may double click on it now and examine the screens as you read over the manual. Users who have already mastered other Windows applications might want to work with the program, and only refer to this manual if questions arise. There will also be other icons for documentation and, for the registered version, the conversion utility.

The installation program will never overwrite any recipes during installation. It is therefore always okay to run the installation program from an update, without being concerned about losing anny of your information.

From Scratch has been very well tested, and it is not likely that you will ever experience problems with your data. It is possible, however, hardware problems and other 'computer gremlins' to cause you to lose recipes that took appreciable time to enter in your computer. For this reason, **learn how to make backups and do it frequently.** If you are unsure how to do this, try typing the following in, after choosing File/Run from Windows:
BACKUP \SCRATCH*.DB? A:
You may have to adjust this command if you've chosen to put From Scratch in another directory, or if your floppy drive is not the A: drive.

Basic navigation with the mouse and keyboard

From Scratch can be used equally well with either the mouse or the keyboard. For all operations, there are a number of ways to do the same thing, depending on which you are most comfortable with. For instance, to modify a recipe:

you may double click on its title with the mouse

you may make it the highlighted recipe, by clicking on its title, or by using the next/previous, or search features, and then:

Use File/Modify, or select the MODIFY icon from the speedbar.

Use the Enter key as specified in the File/Modify menu item

The Speedbar

The speedbar is the stripe across the top of the From Scratch window. Inside it are a number of icons (small pictures), which make common operations very easy to accomplish. There is a description of what each icon does, in order, moving from left to right:

> **Top of File** (double bar and an arrow pointing up)
> **Next recipe** (arrow pointing down)
> **Prior recipe** (arrow pointing up)
> **Bottom of file** (double bar and an arrow pointing down)
> **New recipe** (a recipe card with a plus in it)
> **Delete current recipe** (a recipe card with a cross through it)
> **Locate recipe** (a magnifying glass)
> **Locate recipe by name only** (a magnifying glass with something in it)
> **Print current recipe** (a printer with paper coming out of it)
> **Switch between card and list formats** (A box split between cards and a list)

Note that the current recipe is always the bottom-most recipe displayed in the screen, and its title is displayed in a highlighted color.   The Next, Previous, Top, and Bottom buttons can be used 'move' the card stack ,and therefore adjust which recipe is considered the 'current' one.   You may also choose to see the recipes in 'list' , rather than 'card' format. This is accomplished by using the rightmost toolbar, or by selecting List/Options and turning off the Use cardfile layout option. The only difference is visual- the keyboard and mouse functions are identical. There are also ways to find a recipe quickly by name (simply begin by typing the first letter of the name), and search for any recipe that meets certain criteria.

The Menus

Each of these procedures is also available by using the standard drop down menus. If you are unfamiliar with the use of menus, using both keyboard and mouse, stop and review these in your Windows manual now. Here is a list of every menu item:

File

New	Adds a new recipe to 'From Scratch'. (like plus icon on speedbar)
Modify	Change current (bottom-most) recipe.
Delete	Delete current recipe. (like cross icon on speedbar)
Quick find	Locate a recipe, quickly, by the letters that its title begins with
Complete search	Locate less quickly, but with a comprehensive search
Print Setup	Sets the Printer and printer options
Exit	Complete your 'From Scratch' session.

Record

Next	Make the next alphabetical recipe current.
Previous	Make the prior recipe current.
Top	Make the first recipe current.
Bottom	Make the last recipe current
Copy	Copies the current recipe to the Windows Clipboard

List

Shopping list	Maintain your shopping list
Categories	Maintain the list of categories that help you organize your shopping list.
Options	Allows the user to set options such as colors, display in fractions, etc.
Conversions	Allows you to adjust the list used to optionally convert measurements.
Fix Files	Rebuilds indexes and packs databases

Print

Recipe	Prints the current recipe to the default Windows printer.
Shopping List	Prints the shopping list, by category.
Order form	Prints the order form to register 'From Scratch'.

Help

Index	Searches the on-line help system
About	Indicates the version, registration, and copyright information.

Note: On the screen, the menus indicate keyboard shortcuts. You may press the F7 or Up key, for instance, instead of Record/Next. These are very helpful, and you should take the time to reviewthem now.

Adding new recipes

To add a new recipe, begin by choosing File/New or selecting the plus icon from   speedbar. The screen you'll see next contains the following:

Recipe Name (a required field)	Servings (a required field)
Keywords	Oven temp
Keywords	Origin
Time to prepare	Ingredient list with Add/Edit/and delete buttons
Directions box	Okay, Cancel, Print, Nutrition, and Notes Buttons

As you enter information, use the TAB key to move to the next item, and the Shift-TAB key to move backwards. Note that this is different from DOS based recipe programs you might have used.

Using ALT key combinations for buttons:
Notice that the Add, Delete, and Edit buttons have certain letters underlined. This means that you can use the keyboard short cut ALT plus the highlighted letter to choose that button. For instance, if you want to add an ingredient to the recipe, you can do it one of three ways:
* Click on the ADD button with the mouse
* Use the TAB/BACKTAB combination until the ADD button is highlighted, and press ENTER
* Hold down ALT and press the A key, since A is underlined on the ADD button

Now that you see the empty recipe screen, type the name of the recipe (required) and press TAB. Next, enter the number of servings (or yield) of the recipe. Note that this field is also required, because of the conversion features of the program (see below). Now press TAB to advance to the Keywords field. Enter any words that you will help you find this recipe, or place it into a group that you'd like to browse. Examples might be BREADS, DIET, DESSERTS, or VEGETARIAN.

You may also want to enter the calories contained in the recipe (per serving, of course- using the Nutrition button), and the origin of the recipe (Aunt Mable, or Good Housekeeping are examples). You can also add notes by pressing the Notes button, typing your notes, and pressing OK. You can search for any work contained in the notes or directions field - we'll see more about that later.

The time to prepare field can contain the number of minutes (i.e. 90), or the time in HH:MM format, i.e. 1:30 or 01:30. The system will always convert either to the number of minutes when the recipe is saved to disk.

Next you'll want to begin entering ingredients.

Adding the ingredients to a recipe

From the Recipe screen, select the ADD button. You should see the add ingredient window. It contains the following fields:

Amount   **Measure**   **Ingredient**   **Preparation**

In the Amount field, enter the amount of the ingredient. Fractions are okay, (up to and including eighths). Type them in the following format: 1 1/4, 1 1/2,1/2, etc.. Be sure you always leave a space between the whole number and the fraction. Press TAB to advance to the Measurement field.   You may also enter decimals - 1.5, etc. There is an option to print the recipe in either decimals or fractions, regardless of how you entered it. Once you press OK, the ingredient, measure, amount, and preparation will be added to the new recipe. The only required field here is the ingredient. Note that you may enter 'seperator' or 'continuation' lines by entering in the ingredient area only:

		-- Dressing --
2	tsp	Dry mustard
		Dijon may be substituted.

The conversion warning message

Depending on the measurement you've added and the way the options are set, you may see a warning that the measurement will not convert properly. This message is only meaningful if you plan to make use of the measurement conversion features of From Scratch. The system can change from 'quarts' to 'pints' while converting a recipes yield, for instance, providing that the measurements 'quarts' and yield is on file, along with the numbers required to convert between them. You may choose to alter your abbreviations to match those in the system, or add your own new measurements to the system. Or, you may ignore this warning, and continue on   to the next ingredient. You may also choose to tell the system not to check the measurements at all,   by making sure the check mark in the add ingredient screen that says 'check measurement for conversion' is off. This option will be saved automatically, even the next time you run the program.

Repeat these steps for as many ingredients as there are in the recipe. Note that you once you've press the ADD button to enter the first ingredient, you may repeatedly press ENTER to add the rest - the ADD button is highlighted for you automatically.

the INSERT button

You may need to insert an ingredient into the middle of the ingredient list, if you've accidentally skipped ahead in the list, or to add formatting lines. To do this, click on or highlight the ingredient below where you want the new line, and press the INSERT button.   You can also DELETE and EDIT ingredients by pressing the appropriate button witht he proper line highlighted.

You type in the instructions just like you were typing them on a typewriter, with one exception. Do not press ENTER at end of every line. Instead, press ENTER at the end of a paragraph, or whenever you want to force a new line.

the NUTRITION button

This button brings up a smaller window with the following information:

Calories	Protein	Fat	Carb
Fiber	Cholesterol	Iron	Sodium
Calcium	Saturated	Poly	Mono

You may change any of this information and press OK to save it along with the recipe.

the NOTES button

By pressing this button, you may enter notes   in the same manner as you would in the instructions box. Anything you enter in the notes is searchable later.

When you are pleased with the information you've entered for a recipe, press OK at the Recipe screen. You should see the new recipe added to the 'stack' of recipes. *Hint: Pressing the Alt-K key may be easier than moving your hand*

away from the keyboard to press OK with the mouse.

If you previously had a search set active, the search set is automatically set to all records when you add a recipe. This is because the search set may no longer be accurate due to the addition of   the new recipe.

Changing existing recipes

Changing an existing recipe can be accomplished one of two ways:

> Make the recipe current,   then use File/Modify
> Double Click on the recipe title with the mouse

You should see the Recipe window, which is identical to the window that appears when adding a recipe. In fact, all other operations are the same when changing a recipe as when you are adding one. Here are a few pointers specifically relating to changing recipes:

> You can change an ingredient in a recipe by selecting it with the mouse, or by using TAB and selecting with the spacebar (or clicking with the mouse), then selecting the EDIT button.

> You delete an ingredient from a recipe by selecting it and selecting the DELETE button.

> Each recipe name in the system must be distinct. As a result, if you try to change a recipe, and change its name to an already existing recipe, you will receive an error message.

You delete an entire recipe by making it current and then choosing the File/Delete menu option, pressing the DELETE key, or clicking on the icon with an x through it. Whenever you are deleting anything in From Scratch, you will be asked to confirm the deletion. In addition, in order to confirm, you have to explicitly select the YES button. Simply pressing ENTER has the effect of pressing the NO button. This will avoid accidental deletion due to a fast typist 'flooding' the system with keystrokes.

> The Nutrition and Notes button will be in a bold font when the recipe has Nutrition or Notes information, to let you know that you may press these buttons to see this data.

Options you can set
You can choose your own colors, whether to display in card file format, whether to display titles from the bottom up, and whether to display the status bar and toolbar in the List/Options section. All these options are saved and will be used automatically the next time you run the program.   You may also switch back and forth between card and list formats by pressing the toolbar icon, or pressing the F6 key.

Printing Recipes

Printing is always sent to the printer that Windows considers to be the default printer. You can adjust this by using the File/Setup printer menu choice, or by using the Setup button in the printer options screen.

You can begin printing a recipe in a number of ways:

> press the printer icon on the toolbar while the recipe is current
> Use the F9 function Key
> press the Print button on the recipe screen
> Choose the Print/Recipe menu option

In most cases, simply press the OK button to send a recipe to your printer.

The printer options screen

The following options are available from the printer options screen:

> **Highlighted/All recipes -** This will select whether all the recipes in the current set will print, or just the one that is selected. If there you have initiated a search that brought up five matching recipes, five recipes will print if the All option is selected. If you have no search active, the all option will print all the recipes in the database!

> **Draft Mode -** This option will print the recipe in a simple format suitable for Dot matrix or slower printers - it essentially ignores all settings in the font section (see below).

> **Titles only -** This option will print a simple one line listing of every title in the current search set, or all titles, if no search set was active.

> **Print to file -** This option will print the draft mode recipe to a file, prompting for a filename, and allowing the user to view it when complete. It is intended to allow the user to preview the conversions before printing it out.

> **Yield -** A number entered here will become the yield for every recipe printed in this set. Leave the yield blank to have each recipe in the set print at its original yield.

> **Margins -** The margins will be used for the recipes printed with the fonts (as opposed to the draft option). The right margin is only actually used in calculating the length of each line in the instruction and notes section - all other lines will not be truncated by a large right margin. The left margin can be enlarged to force the recipe to fit on a page will have holes punched in it for use in a loose-leaf binder. Because different printers each have 'unprintable' margins themselves, you will find that these margins are approximate. Laser printers generally add about 1/4" to the margin you enter in this screen.

> **OK Button -** This button will print the recipe, recipes, or list of titles. If you've chosen the print to file option, you will be prompted for a filename, and then be given the opportunity to view the file created. While the program is printing, you may cancel the printing at any time by pressing the special Cancel button displayed. Note: after printing, the print option box will remain displayed until you press the Cancel button, in case you have another item to print, or want to change an option and print again. To make the print option box vanish, use the Cancel button.

> **Cancel Button -** This button will make the print option box vanish.

> **Fonts -** This button allows you to adjust fonts (and other options) for the following sections of a recipe:

Title	Yield	Origin	Keywords	Oven Temp
Time	Ingredients	Instructions	Nutrition	Notes

The fonts window

By selecting the section in the right part of this window, you may adjust the following options for any given section:

Font	**Omit**	**Center**	**Line**

Press the font button, you can set the font using the standard Windows 3.1 font selections screen. You may choose any font or size, and adjust italics, bold, underline, color, and strikeout with this screen.

The other options will cause the selected section to be omitted, centered, or cause a decorative line drawn underneath the section.

The Font options are not functional if you've chosen the draft print option.

Converting the yield of a recipe

As a recipe is printed, you may convert the yield of the recipe, by entering the new yield in the space provided in the print options screen. Leave it blank to leave the yield as it was entered. If you change the yield, From Scratch will perform the required multiplication or division for that printout only - your original recipe remains in the system at the original yield. Also, if you are printing multiple recipes, this yield will be used for all recipes that are printed - to leave each recipe as it was entered, leave the yield section blank.

Finding a recipe when you know its name

If you want to locate a single recipe, the fastest way to do so is to use the File/Quick Search menu option, or the magnifying glass icon with a dot inside it. You don't have to type the entire name - just the first few letters. If there are more than one recipe that match those first few letters, you can use the Next menu option or icon to make the desired recipe the current one. You may also quickly searching by name by typing any letter or number at the main screen of From Scratch.

Finding a recipe by ingredient, part of name, keywords, or anything else.

If you want to locate a number of recipes that meet a certain criteria, or find one when you don't know its name, use the File/Complete search menu option or the empty magnifying glass icon on the speedbar. A window will appear that includes the following fields:

Recipe name containing   **Ingredient containing**
Keywords containing   **Origin Containing**
Directions containing   **Notes containing**
Time to prepare (in minutes) less than

Let's assume you'd like to isolate all the desserts that contain chocolate. You've already included DESSERT as keyword in all the dessert recipes as you entered them. All you need to do, then, is to enter DESSERT in the KEYWORDS section of the complete search window, and CHOCOLATE in the ingredient section.   You will see a window marking the percentage complete as the search takes place. Then the displayed recipe cards will reflect the isolated list. Note that these are all partial terms. For example, anything containing CHOCOLATE and CHOCOLATE CHIPS will match the search term CHOCOLATE. There will be a short pause during searching, during which the system displays the percentage complete. The status bar at the bottom of the screen will now show the words 'Search set active', instead of 'All records selected', and it will reflect the number of recipes that were found.

There is also a 'Nutrition' button that will allow you to search by the nutrition information. When you choose to search by this information, consider the following:

The system will perform a 'smart' search automatically. For instance, if you type in 300 calories, it will look for recipes that are **equal to or less than** 300 calories. On the other hand, if you search for 6 grams of protein, it will look for recipes that are **equal to or more than** 6 grams. The search is smart enough to know the difference between them.

Nutrition information is optional, so blanks and zeros are treated differently.   Assume you've entered zero grams of fat into a recipe. Later, when you search for anything with 5 grams or less of fat, that recipe would be found. However, if you don't enter anything at all for fat   (or all spaces), that recipe would never show up as the result of a search initiated on the amount of fat. Users who view the DBF databases under other programs will see that the empty values are actually flagged as minus one in the database.

In order to reset From Scratch to view all the recipes again, use the check box marked 'Reset to include all recipes', press the F5 key, or use the File/reset search menu option.

Managing the items on your shopping list

From Scratch includes special features to allow you to create a shopping list that will save   you time every trip to the grocery.   The list of ingredients for a recipe can be a big help, of course, but it will only include the things you need to buy for that recipe. The Shopping List manager will help you design a shopping list that includes everything you ever but at the supermarket. Then, you simply print out that list, and manually place check marks next to the items you need. Since the list is sorted and grouped by category, the list will be in sections that correspond the sections of your supermarket. This feature of From Scratch may become one of the most valuable tasks your computer can produce for you!

Producing the list is easy. Choose the List/Shopping list menu item, and a window similar to the one used for adding Ingredients to a recipe. It is described in the 'Adding new recipes' section. You can also directly change the category list by choosing List/Category.

Printing the shopping list

The list is printed by selecting the List/Shopping list menu item.

Using the conversion table

There is an option in From Scratch that will convert from one measurement unit to another while resising the yield of a recipe.   Ounces might be converted to pints, for instance, when a recipe is made larger. You can turn this option on and off by using the check box in the List/Options menu screen. If it is off,   the recipe's yield will be converted when you type in the appropriate number in the print options screen; however, the measurements will not be changed to any other unit. There is another option that turns a warning message on and off about this conversion table - it is discussed below.

Changing the conversion table

You may add, edit or delete the items in the list of conversion measurements.

    Select the List/Conversions option.

    Press the Add/Edit or Delete button.

You must define how a measurement is converted to other measurements, in both the up and down direction. If either direction is a number zero, no conversion is performed. Here is a sample:

Measurement: Cup

Multiply by 2.00 to convert to pint

Divide by 16.00 to convert to Tbl

Note that the conversions will 'cascade' - in the example above, if there is something that can convert from pints (quarts, for instance), and the number is large enough, the conversion routine will keep looking up conversions until one of the measurements has a zero in the convert to numeric field, or no match is found in the convert to field. The conversion will also choose a whole number over a fraction while reducing a recipe , or a number less than ten over one larger than ten while enlarging.

If you plan to use this conversion table, you'll want to turn on the feature that warns you if a measurement is not in the conversion table. You may switch this on by double clicking on any recipe, and then pressing the 'edit' button to begin editing any ingredient. Place a checkmark in the location marked 'check measurement for conversion'.

What ? Only $34.95 ?

If you've purchased much software before (especially Windows software), you know that this program might cost three times as much in a store. The shareware concept, however, is dedicated to eliminating unnecessary costs, and keeping the final cost as low as possible. Instead of spending your hard earned money on fancy packaging, advertising, and store overhead, shareware allows you to pay for that parts of the software that you really use - great programming and fine manuals! We at Desktop Solutions hope that once you have a chance to try From Scratch, you'll want to register it for $34.95. Instructions for doing that, and the advantages to doing so, can be found in the next few paragraphs.

How about updates to 'From Scratch' ?

Once you register From Scratch, you will receive a key that allows you to register all future versions of the program. You might get a future version from a friend, a BBS, on-line service, a shareware catalog service, or directly from Desktop Solutions. However you do get it, you can register any version automatically by simply entering your personalized key. Desktop Solutions will also mail a copy of the newest version with manual updates to any registered user, at any time. Simply send us a letter including your registration key, and include $5.00 for shipping and handling.

If you have suggestions for improvements to From Scratch, or would like to see Desktop Solutions develop similar programs, please write or EMAIL us, and we'll be happy to consider your input in the design of future versions.

Can I convert recipes from other programs?

When you register From Scratch, you'll receive a program to convert data from Meal Master, Compuchef, and Micro Kitchen Companion. Other conversion programs may be in the works. You can help this effort, by sending us the filled-in data files of the program you'd like to see us convert.   The the program has an Export to ascii feature, send us the files that that feature creates. We like to have a minimum of about 10 or 15 recipes to work with, to be sure we've tested with a good cross section. If you do help in this way, we'll send you the conversion program automatically once its complete. You should also write or EMAIL us first to be sure we haven't added this conversion feature already

What about technical support?

Technical support is available a number of ways:

By mail (preferred method):
        Desktop Solutions
        34 Inwood Rd
        Port Washington NY 11050

By Compuserve: send EMAIL to id 74676,3314

Telephone support is not guaranteed. However, our phone number at Desktop Solutions is
(516) 944-3254. If you would prefer to try calling before using one of the methods above, please do so. If you have to leave a message on our machine, we will get back to you as quickly as possible.

Why should I pay for this if I already have it for free?

If you don't register From Scratch, you must not use it beyond a trial period of about thirty days. Yo use it beyond that period, you muse register it for 34.95. You don't actually **own** the program now - you own a trial version, without support, access to upgrades, and helpful accessory programs. We cannot offer technical support of any kind without proof of registration.   In addition, you get the following when you register:

> a disk containing the current version of the program
> a   booklet manual
> a database of over 50 recipes
> a utility program that converts recipes from other programs
> a utility that allows you to share recipes with other From Scratch users.
> technical support via mail or Compuserve
> a registration key that will can personalize and register <u>any</u> future version of 'From Scratch'

Language and tools used to create 'From Scratch'

From Scratch was created in C++ using the Borland C++ compiler, the Borland 'Object Windows Library' class library, and the Codebase library by Sequiter software for dBase file access.

The designer and programmer of From Scratch has been programming micro-computers for ten years. His specialty is database systems in C++, working for one of the 3 largest Wall Street financial services firms. The From Scratch program represents his best efforts in bringing his expertise in designing business systems into the home.

File compatibility

From Scratch uses dBase IV compatible database and index files. These can be read by many programs, including dBase IV, Paradox, Excel, and Q+E. dBase IV was chosen, rather than dBase III, because of the more efficient index files. Specifically, From Scratch would require approximately three times as many dBase III style .NDX files as it does .MDX files.