COOK! 3.2

OVERVIEW

COOK! is a free-form database, designed for everyone who enjoys cooking and wants an easy, flexible way to manage his or her favorite recipes, generate shopping lists, and instantly locate foods via any kind of search criteria (nutrition, ingredients, whatever).

If, after you use it for a week or two, you wish to register, it costs only $19 and you get the latest version with over 100 recipes. (To keep COOK ultra-fast, you can have a total of approximately 100 recipes within each "cookbook" you create. You can set up as many of these "cookbooks" as you wish, as we'll explain below.). The reminder screen is, of course, eliminated, too when you order a registered copy.

Like Windows, COOK! is intuitive, yet useful, swift, and powerful: just the kind of program to convince that long-time holdout from computers in your household that these machines can be valuable and fun to use.

DESIGN

A DATABASE is simply an organized collection of information, designed to make entry, modification, and retrieval as easy as possible. COOK! is free-form because there are no restrictions on how the user manages and enters information. Anything can be typed into the title and body of each recipe, in any manner. It is also easy to import text files of recipes from the outside, by using Notepad or a word processor. The only restriction is that the number of recipes in any given COOK! subdirectory cannot exceed about 100. If you try to exceed this limit, COOK will remind you of this and suggest you start another COOKbook.

COOK! was designed to be as flexible as possible and there are a number of user-configurable features, including which animated icons you want to use for instant searching. For more on customizing, see "TIPS" below.

SETUP

Simply put all the COOK! files (after unzipping COOK32.ZIP) into the subdirectory of your choice. We suggest C:\COOK or C:\MEXICAN or C:\DESSERTS or something like that. Then copy the THREED.VBX and VBRUN200.DLL files to the WINDOWS\SYSTEM subdirectory.

Here is the list of files that come with COOK!:

1. COOK.EXE (the main program)
2. THREED.VBX and VBRUN200.DLL (two libraries that are used by COOK! and should be put into your WINDOWS/SYSTEM subdirectory).
3. COOK.DAT (the file holding the recipes)
4. COOK.DEX (the file holding the titles)
5. COOK.INI (the initialization file that holds your customized settings)
6. COOK.WRI (this document)
7. ORDER.WRI (the order form)
8. README.TXT (quick start instructions)
9. Four .PCX files which are pictures used in the program.

REMOVING COOK FROM YOUR DISK (UNINSTALL)

COOK makes no changes to WIN.INI or any other files on your disk. Therefore, if you want to uninstall COOK, just delete the COOK directory(ies). You might want to leave VBRUN200.DLL and THREED.VBX in your WINDOWS/SYSTEM directory because many other programs written in Visual Basic for Windows use these files.

CONTROLS

The main screen of COOK! contains a number of buttons on the right side. Any of these buttons may be clicked on at any time. Here is how to use the buttons:

SEARCH

This brings up the search screen. On this screen, the user can search the "cookbook" in two ways:
        1. by typing in a search word (or words) in the bar at the top, and pressing Enter (or clicking on the SEARCH button)

OR
        2. by clicking on one of the icons representing "French," "Salads," "Beef," etc.

Clicking on the Search button then provides a list of all recipes containing the search word (or words) in either the body or the title of the recipe.

If you type a word into the selection box, hitting the Enter key once puts that word into the target box. (To type several words into the selection box, simply separate them by spaces before hitting the Enter key.)

As many search words as desired can be entered. However, each word entered narrows the search criteria. For example, entering "French" will list all recipes with the word "French" in them. Entering "French" and "Salad" will list only those recipes with *both* words in them.

You don't need to enter complete words. For example, Split Pea Soup can be accessed by simply typing in Split. (Or even Spl, although a recipe that contained the instructions: "*spl*ash on some lemon juice before roasting" would also be listed.)

Another method is searching titles only. You simply add an asterisk. To see all recipes the title of which begins with the letter S, type in S*. Just an S by itself, without that asterisk, would produce a list of every recipe that contained the letter S anywhere within it (in other words, most every recipe). The asterisk works much the same way it does in DOS directory listings: It means: Show everything matching what preceeds the asterisk. For example, FR* would list all recipes the titles of which started with the letters "FR."

When the search is finished and the search box contains a list of target recipes, simply click on the desired recipe and you are returned to the main screen where that recipe can be read, modified, deleted, printed, etc.

If, after getting a list of recipes during a search, you want to perform another search, simply click anywhere on the window outside the search box.

CHANGE ICONS

Clicking on Change Icons will show you one way to personalize COOK! You can replace any or all of the 18 supplied icons with choices of your own. Simply select an icon anywhere on your disk drive, then hold down the mouse when the icon appears and drag the icon onto the COOK!

collection of icons. It will replace the current icon. The NAME of the icon will be the search name, so if you have an icon that looks like a nurse's hat and you want it to search for "health" recipes, name it HEALTH.ICO before importing it into COOK!. You can always change back to the original icons by removing the references to your changes in the COOK.INI file. (The OPTIONS button allows you to modify COOK.INI.) COOK! will automatically make a copy of .ICO files that you select in CHANGE ICONS.

Pressing the HELP button brings up this file.

Pressing the EXIT button aborts a search and returns you to the main screen.

INDEX

This second button on the main screen provides an alphabetized, scrollable list of all the recipes in COOK!. Clicking on any of these recipes will retrieve it.

REMOVE

Clicking on this button removes the currently visible recipe from the database.

UNDO

This button restores a previously REMOVEd recipe in the event of an accident.

IMPORT

You can easily bring recipes into COOK!. All word processors or text editors (such as Word, WordPerfect, Write, or Notepad) allow you to *select* some text and then *copy* the selected text. The easiest way to do this is to select by holding down the SHIFT key, then using the arrow keys to make your selection. Once the text you want is highlighted, you can *copy* this text (it goes into Window's "Clipboard" accessory) by pressing CTRL + INS. The other way to do this is to select by holding down the mouse and dragging, then selecting from the Edit Menu.

In any case, once you've copied your recipe, just click on COOK's IMPORT button and there it is, inserted alphabetically into your COOKbook.

NOTE: IMPORT uses a special filter to remove carriage returns when they would cause the information to display incorrectly like this:

Put three onions, whole in a pot. Then add your favorite herbs and spices for creating
a good gravy for
beef or pork stew. Then add 1 T. oil and stir for five minutes or until your onions are
just softening
Now...

This awkward formatting is a common problem when bringing plain text files from bulletin boards or CompuServe or other sources. Carriage returns embedded within paragraphs cause this problem. (Double carriage returns, signifying a new paragraph, will be ingnored by IMPORT.) However, sometimes you'll import a recipe and see something like this:

1 T. Butter 2 c. flour 3 t. sugar

when they are supposed to be on separate lines like this:

1 T. Butter
2 c. flour

3 t. sugar

(To fix this, just press the Enter key after each line within the IMPORTED recipe to put them on separate lines.)

RUNNING MULTIPLE COPIES OF COOK

Since each individual instance of COOK (each running copy) is restricted to 100 recipes to maintain the speed at which COOK runs, you can create as many copies of COOK as you wish, each with it's separate collections of recipes. Then you can run several of these COOKbooks at once in Windows, and copy recipes between them as you wish. Most users find it best to follow this pattern: 1. COOK.EXE and the four .PCX picture files into a new subdirectory you've named, say, C:\MEXICAN. Add this new instance of cook to your PROGRAM MANAGER or whatever shell you use. Type in or IMPORT new recipes, in this case for Mexican food, to build your new COOKbook. It's easy to create a COOK "GROUP" in PROGRAM MANAGER, and within this group collect as many COOKbooks as you want to use.

Start as many different COOKbooks running at once as you wish. Copying recipes between COOKbooks couldn't be easier, just click EXPORT in one of them and IMPORT in the other.

EXPORT

Clicking the EXPORT button places the current recipe (the one that's visible on screen) into the Clipboard so that it can be accessed by other running copies of COOK, or into word processors or databases. The recipe can thus also be saved as a plain-vanilla file for other uses. Clicking the EXPORT button is the same as dragging the mouse over the entire visible recipe to highlight it, and then pressing Ctrl-Insert.

CLIPBOARD

Activates the Clipboard window. You can't directly modify the Clipboard, but this will show you what will come into COOK should you click on the IMPORT button.

NOTEPAD

Activates a Notepad window.

PRINT

A window pops up with two buttons: Print Recipe and Print Ingredients. You can select either or both by clicking on the jewel.

Print Recipe will print what you see on your screen.

Print Ingredients provides a shopping list by eliminating most information from a recipe other than the ingredients used. It does this by searching through the recipe for quantities and digits (5, 1/2, one,
three, etc.) and then providing the digits with their associated phrases (5 cups water, 1/2 t. sugar, etc.)

Print Ingredients does the best it can, but it will sometimes be misled and print something that's not an ingredient, or miss one. It's of artificially average intelligent. However, if you are interested in using this feature to best advantage for shopping lists, etc., it works best if you follow one simple guideline (something you probably do already anyway) when entering new recipes:

Use digits, not words, for ingredient quantities:

RIGHT: 1/3 c. butter
                    WRONG: one-third c. butter

BACKUP

Click this button to save your work if you've typed in a number of recipes and you don't want a power failure to ruin your efforts. BACKUP alphabetizes the recipes and stores them all on disk. A BACKUP automatically happens when you click on the QUIT button, but a power outage could cause some loss of newly added recipes before you press the QUIT button.

ADD

Clicking on the Add button presents a new, blank recipe screen and places the cursor in the title box. When you've typed in the title, you can move to the recipe box by pressing Tab or by clicking on the recipe window.

When you've finished typing in the recipe window, pressing Tab followed by Enter will bring up another blank screen for entering the next recipe. From the recipe window, Tab moves to the Add button.

To prevent delays, recipes are only alphabetized when the BACKUP button is clicked, or the program is exited.

OPTIONS

Clicking on this button brings up a special screen which allows you to adjust the size and font of the screen display and the printer. Click on a name to change fonts. Type in a new size at the bottom of the screen to adjust the size of the fonts. If you click on SAVE TO COOK.INI? you can adjust whether these changes will be permanent, or will apply only to this session. Edit COOK.INI allows you to view and modify the file that COOK! looks to for special instructions when it starts running. If you change the font or font size or any icons, you'll notice these changes listed in COOK.INI. You can directly change these initialization parameters if you wish. Alternatively, they will automatically be changed when you exit COOK! if you've left the SAVE TO COOK.INI checked. Cancel rejects any changes you've made, Done accepts the changes.

Note that if you frequently make significant changes in the sizes of the fonts used when you enter new recipes, you will get some line breaks within the recipes. All the information will be there but it will be formatted somewhat clumsily. Likewise, if your printer font size is considerably larger than your screen font size, some words might be clipped off when printed. It's best to settle on particular fonts and sizes for both screen and printer (they can be different fonts), and also make the printer font size small enough so the line breaks are correct when printed (this usually means that the size should be one or two points less than the screen font size).

QUIT

This alphabetizes the recipes, stores them on the disk, and closes the program down.

SEARCH BAR

Just under the Title Box at the top of the main screen is a bar which identifies the current recipe by number and shows where in the database you currently are by a thin black line. Clicking and HOLDING DOWN the mouse button on one of the golden balls at the bottom of the screen moves you slowly through the database, with the title window changing each time you reach a new recipe. Simply moving the mouse pointer over one of the golden balls will move you quickly through the database (you do not need to click or hold down the mouse button, just put the

pointer over a ball).

CONVENTIONS

The recipes included with COOK! follow a convention that many cooks find useful:

t. = teaspoon
T. = tablespoon
c. = cup

It is not necessary to follow this convention when entering your own recipes. The next version of COOK! will contain additional features, including global search and replace, which will allow such things to be standardized if the user wishes. However, the Print Ingredients feature currently works by looking for digits within a recipe, so you should use "2" instead of "two" if you wish to use this feature. COOK! v2.0 will improve on the intelligence of the Print Ingredients feature.

SEARCH CRITERIA

To make searching as useful and free-form as possible (without resorting to rigid templates), you may want to sometimes add a couple of words at the bottom of a recipe to identify it for search purposes.

For example, a recipe for refried beans might not contain the word MEXICAN or VEGETABLE or SIDE DISH anywhere within the title or body of the recipe. So, if you want to be able to do effective cross-indexed searches, just add to the bottom of the recipe whatever descriptive words you want to trigger during the search. They can be single words, phrases, within parentheses, sentences, whatever -- just so the key words you may want to look for later appear somewhere within the recipe.

Other useful categories such as "diet", calorie counts, and other potential search criteria can be included anywhere that you wish within the recipe or title, but if you'll want to search for something later, do put it in the recipe, somewhere.

NOTE: If you don't want these notes or phrases printed when you use the PRINT feature, type in a circumflex (^) and everything following it will be ignored during printing:

THIS will be printed.

And THIS ^ but everything following the circumflex symbol will not be printed.

OTHER COOKBOOKS

Remember, you can set up additional cookbooks by simply copying COOK.EXE and the four .PCX picture files into a new subdirectory. Then add this new COOK.EXE to your Program Manager with the title MEXICAN or CHINESE or whatever, and giving it an appropriate icon. The reason that the current version of COOK is limited to about 100 recipes is that alphabetizing, searching, and updating can thus be quite swift. However, a future version of COOK is in the works which will allow 24,000 recipes within a single instance of COOK.

HOW TO REGISTER

Use the ORDER.WRI registration form. Our crack mailroom staff will send you the complete package the very day we receive your order; we won't wait for the check to clear; we trust you. As a registered user, you will get the latest version of COOK on disk, along with 100 recipes, and no reminder screens popping up. Also you will become eligible for updates to cook with additional recipe packages.

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