

**From Scratch Version 4.x**  
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**An overview of From Scratch's features**

- *new* - Easy to use design simulates a ring binder.
- *new* - Ability to add items to nutrition list.
- *new* - Print preview feature.
- *new* - Right mouse button brings up context menu.
- *new* - Color printing is supported.
- *new* - Option to space words of ingredients evenly or tightly.
- *new* - a web helper program works with the website <http://www.yumyum.com> to allow you access to over 10,000 recipes.
- *new* - adjustable font size in main screen
- *new* - delete all shopping items at once
- *new* - choose large or small fonts in main screen
- *new* - adjustments for cards on various printers
- *new* - print options are remembered from session to session
- Number of recipes and ingredients per recipe limited only by disk space.
- dBase compatible file format allows unlimited access to your information.
- 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, instructions, notes, or nutrition information.
- Shopping list manager for non-recipe related items.
- Ingredient entries include a special field for preparation.
- Up to 10,000 characters per entry can be included for instructions.
- Yield conversion multiplies the amounts of ingredients, even for fractions.
- Print recipes on over 700 different Windows compatible printers.
- Printouts can span unlimited pages.
- Ability to copy a recipe to the Windows clipboard.
- Optional conversion of measurement units.
- Print to file option.
- Definable colors, display options, etc.
- Draft mode designed specifically for quick printing dot matrix printers.
- Status bar displays number of recipes and disk space free.
- Ability to mark individual recipes.
- Ability to save results of a search or marked recipes to a separate directory.
- On-line backup and restore functionality.
- Converts recipes from many other recipe programs and any ASCII file.
- Adds nutrition information to any recipe using a USDA database
- A shopping list can be created for one or many recipes.
- Recipes can include a tag line like "This recipe from the kitchen of Jim Jones".
- Print recipes on standard 3X5 index cards

**System Requirements**

From Scratch requires an IBM PC compatible computer with Windows 3.1, Win-OS/2, or Windows 95 installed. A mouse and printer are recommended, but optional. 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 (30 days). Once you have 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 for \$34.95.

Unless you register From Scratch after the 30 day trial period, you are legally required to delete it from your computer system.

**To register on the world wide web:** Visit us at <http://www.yumyum.com>. You can use any major credit card, using a secure method.

**To register by phone:** call 800-242-4PSL (international callers try 713-524-6394). You can use any major credit card. **The 800 number is an order service only. To receive answers to technical questions, visit or email us at <http://www.yumyum.com>.**

**To register by mail:** (US bank check or money orders only) -- run the program, and select the Print/Order form menu option. Fill out the form and mail it, along with your check or money order **in US currency**. *No credit card orders are acceptable via the mail.*

**To register on CompuServe:** enter GO SWREG. This method is very convenient if you would like to charge the registration to a company's CompuServe account. It is also great for international callers, since CompuServe will take care of all monetary conversions. Finally, this service is available any time, day or night! From Scratch's ID number in that database is 2554.

**What does Registration do for me?**

When you register From Scratch, you will receive the following:

- A disk containing the newest version of From Scratch
- A professionally printed and bound version of the latest manual
- Technical support (by mail and e-mail)
- A registration key that will allow you to personalize any future version of From Scratch - download your own future upgrades for free!!

- Once personalized, your name will appear in the About box
- Once personalized, your name will appear instead of the 'unregistered' line on the printout.
- A special collection of recipes in From Scratch format is included with registration.
- As a registered user, you will be notified by mail when major releases are made available.
- *Note that unregistered users can no longer choose to omit the 'unregistered' line on the printout -- this line will continue to print until you are registered!*

## Installing From Scratch

If you have downloaded From Scratch, you will probably first have to use a decompression utility (i.e. Pkunzip or Winzip) to extract the individual files from the package you have 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.**

*If you have downloaded a .ZIP file, you may also perform the installation from your hard drive. Unzip into a temporary path, and substitute the path name for the A: above. Install into a different (non temporary) path so you may delete the original installation files. You **must** use the setup program to install From Scratch. Simply unzipping the files will not work.*

You should have a new icon to launch the From Scratch program. 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 other utilities.

**The installation program will never overwrite any recipes during installation, even when the recipes are from a previous version of From Scratch.**

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, that hardware problems and other 'computer gremlins' may 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.**

## Using the mouse and keyboard

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

- **Double click on its title with the mouse**
- **Make it the highlighted recipe, by clicking on its title, or by using the next/previous, or search features, and then:**
- **Use File/Modify.**
- **Use the Enter shortcut key as specified in the File/Modify menu item**
- **Double click on a recipe's title.**

## Basic Navigation

There are a number of ways to move around your database of recipes:

- **Use the alphabet tabs to move to a section**
- **Use the scroll bar to 'scroll' through the list**
- **Click on a recipe's title to highlight it**
- **Use the PgUp and PgDn key to scroll through the list**

You may mark a recipe by right clicking the mouse on its title or pressing the spacebar while the title is selected. You can then use the File/View marked only menu item to work with only the marked recipes.

To quickly print or delete a recipe, highlight and point to the printer or trash icon.

If you right-click the mouse, you may print, delete, mark, or copy a recipe to the clipboard.

There are two icons at the bottom of the screen that begin a search. The lightning bolt is the 'quick search' feature, limited to searching by the name of the recipe. The magnifying glass icon begins the full search, which includes searching through ingredients, directions, nutrition, notes, etc.

## The Menus

All procedures can be completed 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

- |                   |   |
|-------------------|---|
| • Open            | <b>Opens a recipe database</b>                            |
| • Save as         | <b>Saves displayed marked recipes in a sub directory</b>  |
| • Modify          | <b>Change current recipe.</b>                             |
| • Delete          | <b>Delete current recipe</b>                              |
| • Quick find      | <b>Locate by the title</b>                                |
| • Complete search | <b>Locate with a comprehensive search</b>                 |
| • Reset search    | <b>After searching, views all recipes again</b>           |
| • View marked     | <b>Restricts the list to include only marked recipes</b>  |
| • Print Setup     | <b>Sets the Printer and printer options</b>               |
| • Print Preview   | <b>Displays the current recipe with the current fonts</b> |
| • Exit            | <b>Complete your From Scratch session.</b>                |

### Record

- |            |  |
|------------|--|
| • New      | <b>Adds a new recipe to From Scratch.</b>            |
| • Next     | <b>Make the next alphabetical recipe current.</b>    |
| • Previous | <b>Make the prior recipe current.</b>                |
| • Top      | <b>Make the first recipe current.</b>                |
| • Bottom   | <b>Make the last recipe current</b>                  |
| • PgUp     | <b>Move one page towards the top of the list</b>     |
| • PgDn     | <b>Move one page towards the bottom of the list.</b> |
| • Mark     | <b>Marks the current recipe</b>                      |

- Clear Marks                      **Clears all marks from the recipe database**
- Copy                                **Copies the current recipe to the Windows Clipboard**
- List**
- Shopping list                    **Maintain your generic shopping list**
- Categories                        **Maintain the shop list categories.**
- Options                            **Sets options such as colors, fractions, etc.**
- Conversions                      **Adjusts the list used to convert measurements.**
- Nutrition                          **Adjusts the list used to calculate nutrition for any recipe**
- Fix Files                          **Rebuilds indexes and packs databases**
- Print**
- Recipe                             **Prints the current recipe.**
- Shopping checklist              **Prints the generic shopping list, by category.**
- Shopping list                      **Prints the ingredient list for a set of recipes**
- Order form                        **Prints the order form to register From Scratch.**
- Tools**
- Backup                             **Runs a command to back up databases**
- Restore                            **Runs a command to restore databases**
- Help**
- Index                               **Searches the on-line help system**
- About                               **Indicates version, registration, and copyright.**

On the screen, the menus indicate helpful keyboard shortcuts. Press the F7 or Up key, for instance, instead of Record/Next. You should take the time to review them now.

### Adding new recipes

To add a new recipe, begin by choosing File/New or pressing the INS key. The following fields appear:

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

As you enter information, use the TAB key to move to the next item, and the Shift-TAB key to move backwards. 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 press 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**

#### Entering the basic information

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. The servings field is not required. 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 origin of the recipe (Aunt Mable, or Good Housekeeping are examples).

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 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 and thirds). 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. You may enter 'separator' 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 recipe's yield, for instance, providing that the measurements 'quarts' and 'pints' are 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. **Hint** - once you've pressed 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 with the proper line highlighted.

#### **The INSTRUCTIONS**

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 tab**

This tab 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. From Scratch can also calculate the nutrition information for you, using the included USDA database. See *calculating nutrition for any recipe*.

#### **The NOTES tab**

By pressing this button, you may enter notes in the same manner as you would in the instructions box. You may perform a search for any words included in the notes.

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 'book' 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, or press Enter**
- **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.

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.

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's name to an already existing recipe, you will receive an error message.

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. This will avoid accidental deletion due to a fast typist 'flooding' the system with keystrokes.

The Nutrition and Notes button are drawn 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 fractions, whether to convert measurements, Large or small fonts for the main screen, and how to format the ingredient line. All these options are saved and will be used automatically the next time you run the program. Use the List/Options menu to select these features.

### **Printing Recipes**

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

Begin printing a recipe in a number of ways:

- **Click the printer icon while the recipe is current**
- **Use the ctrl-P Key**
- **press the Print button on the recipe screen**
- **Choose the Print/Recipe menu option**
- **Right Click the mouse and choose print**

You will see the printer option screen. 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**

Use 'All' to print all the recipes displayed. If you have initiated a search that brought up five matching recipes, five recipes will print. If you have no search active, then the **all** option will print all the recipes in the database!

#### **Normal (portrait)**

Prints one or many recipes (depending on the highlighted/many setting, above) in normal mode, with all the font settings and options that you may adjust below.

#### **Landscape**

Prints one or many recipes (depending on the highlighted/many setting, above) in landscape (sideways on the paper) mode, with all the font settings and options that you may adjust below.

#### **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).

#### **Quick List, 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.

#### **Tag Line**

This text will be printed at the bottom of the page, followed by your name, once you are a registered user. Once you have personalized this copy of From Scratch, your name will appear after the text that appears here. Do not enter your name here, or your name will appear twice on the printout! **Registered users *only* may turn off the Tag line option in the *fonts* section (see below). Registered users can easily have the registered name changed - just drop us a note or an Email.**

#### **Shopping list for all displayed titles**

This option will print the ingredient list, for the yield you specify, for all the recipes displayed. You may restrict which recipes are displayed by using the search or mark features.

#### **Nutrition detail for current recipe**

This feature prints sheets that list every ingredient, and what USDA nutrition item you have matched it to, along with the weight and nutrition information for that ingredient. It is meant to double check the system's nutrition calculations.

#### **Continuous cards**

This feature will print to 3X5 index cards suitable for dot matrix or other continuous feed printers. Depending on the Highlighted/all setting, one or many recipes will print.

#### **Sheet index cards**

This feature is the same as the continuous cards option, but designed for the cards used in a laser, ink jet or other sheet fed printer.

#### **Print draft to text 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 without the draft option. 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.

#### **Card Adjustment**

You can enter a positive or negative number in this field if your printer needs an adjustment in order to print properly on laser style index cards. The number adjusts the top margin for cards only, in numbers of lines.

#### **OK Button**

This button will print the recipe, recipes, or list of titles.

#### **Formatting:**

This button allows you to adjust fonts (and other options) for the various sections of a recipe using the print preview window.

#### **The print preview window**

The print preview window displays the current recipe as an example.

By choosing the appropriate section, you may adjust the following options for the title, ingredients, instructions, etc.:

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

Set fonts using the standard Windows 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 have no effect on printed output if you've chosen the draft print, recipe card, or print to file option.

**Registered users *only* may turn off the Tag line option using the omit checkbox.**

#### **Converting the yield of a recipe**

Before a recipe is printed, you may convert the yield of the recipe by entering the new yield in the space provided. Leave it blank to print the recipe 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 unchanged. Also, if you are printing multiple recipes, this yield will be used for all recipes that are printed.

#### **Finding recipes**

##### **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, press F3, or use the

lightning bolt icon. You don't have to type the entire name - just the first few letters. You may also begin a quick search 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, press F3, or the magnifying glass icon. A window will appear that includes the following fields:

- **Recipe name containing**
- **Ingredient containing**
- **Keywords containing**
- **Directions containing**
- **Origin 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. These are all partial terms. For example, anything containing CHOCOLATE and CHOCOLATE CHIPS will match the search term CHOCOLATE. The status bar at the bottom of the screen will 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, press the F5 key or use the File/reset search menu option.

## **Shopping Lists**

### ***Managing the items on your generic 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 need, regardless of what menu you are preparing. 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 to 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 appears 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 generic shopping list***

The list is printed by selecting the List/Print Shopping check list menu item. It is always printed in two columns to preserve paper, and in draft mode to accommodate the speed of dot matrix printers.

### ***Printing the ingredient shopping list***

Another shopping list can be printed that will include all the ingredients required for a number of recipes. To produce this list, first mark the recipes you are interested in by pressing SPACEBAR while the recipe is current. Next use the option to view only marked recipes (the F11 key will do this quickly). Finally, use the option to print the shopping list for all displayed recipes (F12 will do this quickly). You may then clear all marks from the recipes by using the Record/Clear all marks menu option.

## **The conversion table**

From Scratch can convert from one measurement unit to another while re-sizing 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 controls a warning message that appears during ingredient entry - 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**

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 check mark in the location marked 'check measurement for conversion'.

## Calculating nutrition for any recipe

From Scratch has the ability to calculate nutrition information for any recipe using the USDA 'handbook 8'. This database contains approximately 4500 food items and their nutritional values.

To calculate nutrition, first enter a recipe, or select a recipe that has already been entered. Double click on the recipe's title to edit it, and choose the **nutrition** button. Press the calculate button, and you'll see the 'ingredient match' screen.

In order to calculate nutrition for a recipe, you'll have to match each line in the recipe against the USDA database for both the ingredient and the quantity. Double click on each ingredient to match it against the USDA equivalent. Here is an example of how this would work, using the sample *chicken lasagna* recipe:

Press the **calculate** button, to bring up the 'match' window. You begin matching ingredients by double clicking on the second ingredient, skipping the first (since it is a garnish - celery leaves) which happens to be:

• 4 oz mozzarella cheese

You will see a screen that displays the ingredient line from the recipe for your reference, along with an area that allows you to match both the quantity and ingredient. In this case, the system will have guessed the quantity correctly, and will display Ounce, 114 grams. All you will have to provide in this case is the ingredient item. To do this, move the cursor to the space underneath the words "Ingredient match". You can see that there are no matches on file for 'mozzarella cheese'. Type in 'cheese', and press ENTER. The system will list all of the items starting with 'cheese' from the USDA list. Now press the down arrow (or use the mouse) to view the 'cheese, mozzarella' entries. In this example, the USDA database includes a number of types of mozzarella, from low fat to whole milk. Choose the appropriate entry, and press ENTER. You will be returned to the list of ingredients. Continue this procedure for all the ingredients that you wish to include in the nutrition calculation.

Finally, when you are satisfied that you have matched your ingredients properly, press OK while at the 'Match nutrition items to ingredients' window, and you will see a question that asks: "Calculate nutrition information based on this list?" Answer 'yes', and the system will fill in all the appropriate nutrition information for you!

In some cases, you may have to either set the quantity correctly and have the system calculate grams, or manually enter the amount, in grams, in order to match the USDA database correctly.

## Tools and techniques

### The Backup and restore functions

The Tools menu includes two options: Backup and Restore. In both cases, From Scratch does none of the actual work for these operations. Instead, it allows you to use external programs designed specifically to do these tasks. The first time you use these options, you should see XCOPY \*.DB? A:\ in the typing area that becomes visible in the Backup menu option. Insert a blank, formatted floppy disk into your A: drive and press OK. Save this diskette in a safe place. and re-run the backup step whenever you add a substantial number of records. If you should ever require to use this backup, re-install From Scratch from the original diskette, and use the RESTORE option to retrieve the data stored on floppy.

*Advanced users:* You can change this command to perform a ZIP, for instance: PKZIP \*.DB? A:MYRECIPE. Or, you may change it to any other DOS command you wish to use to perform a backup.

*Special note:* Since newer operating systems do not include a standard BACKUP program, opting instead for a similar one, From Scratch defaults to using the omnipresent XCOPY. XCOPY, however, will only work while your databases fit onto a single floppy disk. You should be able to fit hundreds of recipes on a single standard floppy disk. If you begin to get 'disk full messages' while performing the backup, you'll have to use a command that spans floppy disks. See 'Commonly asked questions', below.

### Saving subsets of your database in different directories

The **File/Save as** and **File/Open** commands allow you to perform a search (or mark recipes and then use File/view marked only), and save the results into a sub directory on your disk, or to floppy. Use File/Save as to save the visible recipes, and then use File/Open to view the subset later on. This feature has been added for advanced users that have a very large number of recipes in their database, and wish to separate them into smaller pieces.

### Converting, exporting, and importing recipes

The conversion program has a special on-disk manual. Print it, or view it, by choosing the 'Conversion manual' icon.

## Registration information

### \$34.95 - and all updates and technical support are free!

The shareware concept is dedicated to eliminating unnecessary costs, and keeping your 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 support! 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. As a registered user you will be notified of major updates to From Scratch by mail.

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.

## Technical support

### By EMAIL or web visit (preferred method):

On CompuServe: send EMAIL to techhelp@yumyum.com.

If you have the ability to send EMAIL through the Internet, use the address techhelp@yumyum.com. You can send mail through the Internet, America On-line, Prodigy, Delphi, Microsoft On-line and many BBS systems. We also maintain a list of frequently asked questions and technical information at your website YumYum.Com.

### By mail:

Desktop Solutions  
26 Cecily Lane  
Commack NY 11725

### **By phone at (516) 493-3422.**

If you can use one of the methods above before calling, please do so. Telephone support is made difficult due to time differences. If you have to leave a message on our machine, we will get back to you as quickly as possible. *We are sorry, but there is **no** technical support or return of long distance calls for unregistered users. If you have a long distance pre-sales question, you may have to call back during business hours until you speak to someone in person.*

### **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. If you decide to use it beyond that period, you must register it for 34.95. Unless you've already registered, **You don't actually own the program now** - you have been lent a trial version, without support, and access to upgrades and bug fixes. *We cannot offer technical support of any kind without proof of registration.*

### **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 Sequitur software for dBase file access.

The designer and programmer of From Scratch has been programming micro-computers since 1982. His specialty is databases, working in finance and banking. 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 files. They can be read by many programs, including Access, dBase IV, Paradox, Excel, and Q+E. Be careful not to change any information using these programs; we can not be responsible for the results if you do. However, these tools can be invaluable to format, convert, and otherwise manipulate your recipes in any way you choose.

From Scratch stores your recipe information in the following files:

- **RECIPE.DBF**
- **RECIPE.DBT**
- **RECINGRE.DBF**

The MDX files are index files, and can always be re-created with the fix files option. Other database (DBF and DBT) files are for the shopping list, conversion features, and the USDA nutrition features. **Make sure that you remember to copy all three files if you move your files to a different drive or directory!**

### **Commonly asked questions**

#### **Backing up data in From Scratch if the tools menu fails.**

It is recommended that you have a backup of your database in the event that software or hardware problems, or any other circumstances, prevent you from using your computer's hard drive. Ideally, keep it in a separate physical location to guard against loss due to fire, flood, or theft.

- **Exit Windows if it is running. You should see a C: (or something like it) on the screen. Type in the following, including spaces (although capitalization is not important):**
- **BACKUP C:\FSCRATCH\\*.DB? A:\**
- (press enter)

The screen will inform you that all data on the *floppy* (or removable) drive will be erased, and that you should insert a diskette in the drive. If you have more recipes than will fit on one disk, the screen will prompt for another disk. Most versions of backup will also format disks automatically; check your DOS manual for details.

**If this command does not work**, Backup.exe may not be on your hard drive, or may not be in your *path*.

You may use the COPY command instead of the BACKUP command. Simply replace the BACKUP word with COPY in the command above. You will have to do this from the DOS prompt. Also, this command will only hold one disk's worth of recipes (about 200 recipes on a High Density 3 1/2" disk).

**Special note:** Some newer versions of DOS do not include the standard BACKUP program, opting instead for a similar one (CPBACKUP, in IBM DOS 6.10 for instance). If you find that the BACKUP command does run, double check the DOS manual that came with your machine, or ask your hardware dealer how to perform a backup of a directory using your version of DOS.

#### **Repairing file errors in From Scratch**

File errors are nearly always caused by errors in the dBase compatible index files used by From Scratch. The index files have a file extension of MDX, and their purpose is to keep records of the database in alphabetical and numerical order.

##### **Method 1:**

Delete the MDX files, and re-run From Scratch. The program will rebuild them automatically if they have been deleted. None of your recipe information is actually stored in them, so it is OK to delete them. You can use the File manager that comes with Windows to delete the files. *Make sure From Scratch is not running or you wont be able to delete the files!*

##### **Method 2:**

Use the Lists/Fix files option. This will rebuild the MDX files and 'pack' the database, removing deleted records for good. It is best if you can backup the DBF and DBT files from your directory before you run the fix files routine.

#### **What causes the MDX files to become corrupt**

The MDX files only become corrupt due to an interruption while writing to the hard drive. The most common cause is when people do not shut down Windows before they turn their computer off. Note that when you do close Windows, there is always a flurry of hard drive activity - this is important work being done here, and your machine needs to do it before it 'goes to sleep'. Also, you might run CHKDSK (see your DOS manual). If you are using a disk cache (since Windows normally installs SMARTDRV, or a Windows 95 equivalent, you probably are), be aware that you should never turn your computer off while the hard disk light is spinning, *even if there is no activity on your screen. As a rule of thumb, always shut your machine off at the DOS prompt (for Windows 3.x) or when the screen says so (Windows 95 and OS/2), at least five seconds after you see the hard disk light go off.*