PC-RecipeBox Table of Contents

PC-RecipeBox now has it's own home page on the Web, visit it from time to time for news and to make sure you have the latest version. The URL is:

http://ourworld.compuserve.com/homepages/jonmc

OR

http://members.aol.com/jonmc

Help File Copyright

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Jon T. McEwen
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PC-RecipeBox Introduction

Bare with me, here comes the **DISCLAIMER:**

You are granted the right to use and to make an unlimited number of copies of the PC-RecipeBox installation program (PCREC16.EXE/PCREC32.EXE). You may not disassemble, decompose, reverse engineer, or alter any of the files in the package. This includes, but is not limited to modifying any icons, menus, or displays associated with the software.

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SIVART Software reserves the right to withdraw this program from the shareware market in the event that it becomes a retail product.

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Now with that serious stuff is out of the way, lets get to the good stuff...

"Another one?"

I decided to create "yet another" recipe database program after having tried several commercial and shareware programs and found them to be too limited, too restrictive and/or too cumbersome.   I wanted one that contained all of the best features of those I had tried but without the limitations and restrictions.   I wanted to be able to browse through the recipes when I first started the program.   I wanted easier resizing, metric conversion, automatic formatting on entry, import and export capability, custom printing and I wanted to be able to search for a recipe or display a subset of matching recipes based on a flexible selection criteria.   Features that I thought would be nice were graphics support (display <u>.BMP</u> files) and sound support (play <u>.WAV</u>   files) and I thought it would be really nice to have a spell checker and a nutritional analyzer built in.   PC-RecipeBox contains all of these features and more and is the result of over a year of programming effort.

The DOS version of this program (called The Recipe Management System) has been in use for a couple of years and has been downloaded by several thousand users, **only a small percentage of whom actually registered**. In an effort to get more users to register this version I have kept the registration price low, not disabled anything (no longer "crippleware") and when you register I will send you your registration number and a disk containing a cookbook with over *two thousand* recipes.   In addition, as a registered user you will receive free unlimited e-mail support, notification of upgrades (upgrades are free), special offers and notification of any utility programs as they become available.

The spell checker uses a highly optimized Directed Acyclic Word Graph engine that results in a super fast (+-55,000 words per minute on a 486-66) spell checker with a 120,000 word **customizable** dictionary.   If you use a spell checker in your word processor you know how convenient it is, now you can have the same convenient

feature in a program that was created specifically to handle your recipes!

The nutritional analyzer uses a separate user modifiable nutritional database that will analyze per serving nutritional values for calories, protein, carbohydrates, sodium, fiber, total fat, saturated fat, cholesterol and number of fat calories!   The nutritional database comes complete with hundreds of common food products, and you can easily tailor it to your specific requirements.

IF YOU ARE CURRENTLY A REGISTERED USER as promised, you can upgrade to this version free of charge.   **NOTE: If you are a registered user of a version earlier than 2.5 you will need a new registration code.**   To receive your new code, e-mail me at jonmc@aol.com or jonmc@compuserve.com and I will e-mail back your new code.   If you can't e-mail, US Mail me at 3035 N.E. 94th Seattle, WA 98115-0619 and I'll mail you back your new code (if you include a phone number I'll give you a call with your new code). **Be sure to include the name you originally registered under when writing to obtain your new code.**

To upgrade, simply run the installation program again.   It will only overwrite the executable files and help files, not any existing cookbook files you may have added or modified so you won't lose anything.   After upgrading, and obtaining your new code, re-register from the Help menu by choosing "Registration/Purchase" and clicking on the "Register your copy now" button. Then input your registration name and code.

The following revision documentation is in descending order (latest version to earliest) so that you can see what changes were made in each release.

Version 2.5 changes:
1) WINDOWS 95 VERSION (32 bit) IS NOW AVAILABLE!   If you are running Windows 95 (or Windows NT) the 32 bit version is now available.   Take advantage of your 32 bit operating system with this version and watch PC-RecipeBox fly!
2) AISLE SUPPORT FOR YOUR SHOPPING LISTS!   PC-RecipeBox will now keep track of aisle information for up to ten different stores and add that information to items in your shopping list and automatically sort it into aisle order.
3) REORDER YOUR INGREDIENTS!   You can now reorder the ingredients in a recipe just by clicking on the ingredients in the order you want them.
4) PKZIP/PKUNZIP SUPPORT!   PC-RecipeBox now has hooks built in for PKZIPing and PKUNZIPing your cookbook files.   Just make sure that the PKZIP.EXE and PKUNZIP.EXE files are in one of the directories in your PATH statement.   You can even set up the configuration to automatically PKZIP the browser cookbook every time you end a PC-RecipeBox session!
5) ADD & DELETE POP UP MENU IN THE INGREDIENTS EDITOR!   You can now right click your mouse in the ingredients section of the recipe editor and a pop up menu will appear where you can choose to add or delete and ingredient.
6) REGISTER WITH YOUR CREDIT CARD!   You can now FAX, Email, US Mail or use the secure on-line web order form to register PC-RecipeBox using your MasterCard, VISA, American Express or Discover card!   See the "Registration/ Purchase" item under the Help menu for more information.
7) NO MORE MISMATCHED QUANTITY QUALIFIER ERROR MESSAGES!   The nutritional analyzer was completely re-written to make it more accurate and easier to use. It will no longer display matches that won't reduce to a common amount (like Cups to Pounds).   It also uses a new tool called the "Chooser" to display all of the potential matches on one screen and allow you to pick from the avaiable items.
8) IMPORT MMCONV CONVERTED FILES!   You can now import Meal-Master files that were formatted using MMCONV.EXE.
9) NEW REGISTRATION CODES! In order to personalize your copy of PC-RecipeBox the registration codes now key off of the registered users name.   This means that if you are upgrading from a version earlier than 2.5 you will need a new code (which I will supply to you free of course).   To receive your new code, simply e-mail me (at jonmc@aol.com OR jonmc@compuserve.com) and I will e-mail back your new code (be sure to include your name in the e-mail).
10) CUSTOMIZE YOUR BROWSER ORDER!   You can now change the default browser order as part of your configuration.   If you want to have PC-RecipeBox start up in Category or Main Ingredient order each time, now you can!
11) LOTS MORE ITEMS IN THE NUTRITIONAL DATABASE!
12) NEW COOKBOOK (PCRBOX2) WITH NINETY NEW RECIPES!   Version 2.5 now comes with a new cookbook featuring ninety of our family favorites.
13) LOTS MORE!   In addition to the items above, there were lots of smaller improvements made to make this

version of PC-RecipeBox smaller, more efficient and even easier to use!

Version 2.1 changes:
1) OUTPUT YOUR RECIPES TO RICH TEXT FORMAT (RTF) FILES!   I had so many requests for different recipe printout formats that I decided to add this option.   You can now output your recipes to formatted files that you can read into your favorite word processor and modify any way you want.   Change fonts, sizes, the order things print in, delete lines you don't want, change the paper size, *IT'S ALL UP TO YOU!*
2) Search all of your cookbook files at one time!   With the new Cookbook Search option (under the "Search" menu item) you can have PC-RecipeBox search all of your cookbook files without having to open each one individually.   It will scan through all of your .RWZ files and display the number of "hits" found.
3) Searches and Filters were improved in the following ways:
        a) Search criteria is now "remembered" between searches, click on the Reset button to clear an existing search.
        b) Searches are now always "wildcard" meaning it will find the search criteria anywhere in the field (no more "..'s").
        c) Searches now default to NON case sensitive.
        d) You can now precede your search criteria with a dash (-) to **exclude** a recipe, for example **-egg** would EXCLUDE all recipes that contain eggs.
4) You can now (optionally) save the chosen browser font between sessions.
5) You can now change the way the editor behaves when you press the TAB key. The default is to tab to the preparations section if you are in the ingredient section but you can now change it so that the tab key tabs to the next ingredient cell.
6) Fixed the following:
        a) Subtitle not printing until you exit and re-enter
        b) Consecutive recipes not being found during a filter search

Version 2.0 changes:
1) Name change from Recipe-Wizard to PC-RecipeBox
2) Imported recipes are now marked (up to 250) as they are imported
3) Marked recipes can now be exported or deleted as a group
4) Exports now respect filtered views (or not, your choice)
5) Shopping Lists can now be saved for future sessions

Version 1.52a changes:
1) Modified categories are now saved between sessions

Version 1.52 changes:
1) Fixed the delete key when editing recipes
2) Improved the Meal-Master import routines
3) Improved the recipe preview feature when importing
4) Enhanced the Create Cookbook routines
5) Added more food items to the nutritional database

Version 1.51 changes:
1) Fixed the following user reported ;) "features":
        a)Recipe not printing if no serving size specified
        b)Not able to specify a different default cookbook
        c)Filter off button not disappearing when changing cookbooks
2) Added the following at user's request:
        a)Modify menu to clarify opening existing vs. creating new cookbooks
        b)Added menu commands for inserting and deleteing recipes

Version 1.50 changes:
1) The cookbook extension is now **.RWZ** (Word for Windows version 7.0 uses the .WIZ extension).   Hopefully this will be the last extension change, sorry for any inconvenience.
2) The maximum number of ingredients per recipe is now fifty, up from twenty-five.   Because of this, PC-RecipeBox cookbooks from version 1.5 on are not compatible with earlier versions.   You can still export recipes from 1.5 and import them into earlier versions (or the Recipe Management System) but ingredients over 25 will be truncated.

3) The <u>Nutritional Analyzer</u> is now available. It will analyze your recipes in up to nine different nutritional categories (calories, protein, carbohydrates, sodium, fiber, total fat, saturated fat, cholesterol and fat calories). The analyzer uses a nutritional database that comes complete with hundreds of common food products, but you can easily modify it to meet your specific requirements.
4) You can now preview recipes as you import them.
5) A few minor changes to the interface.
6) The Spell-Checker and Nutritional Analyzer are no longer disabled in the unregistered version.   You can now test out *all* of the features of PC-RecipeBox before you buy (register) it.

Version 1.01 changes:
1) Starting with version 1.01, all PC-RecipeBox cookbooks use the extension of **.WIZ** (too many other applications used .DAT).   To use your cookbooks from version 1.00 of PC-RecipeBox, or any version of The Recipe Management System you must first rename the .DAT files to .WIZ.
 VERSION 1.5 NOTE: The extension starting with version 1.5 is now .RWZ,   see 1.50 item 1 above!!!
2) Compuserve users can now register their copies online by GOing to SWREG and using registration number 11888.   I will receive notification of the registration (usually the same day) and send out your registration letter and RBOX2000 cookbook (usually the next day).
3) PC-RecipeBox now has it's own home page on the Web, visit it from time to time for news and to make sure you have the latest version. The URL is:

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> **OR**
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The underlying programming philosophy I have tried to incorporate in both the DOS and now the Windows versions is simplicity.   With PC-RecipeBox you can be productive the first time you start it up, but as you continue to use it you will come to appreciate its power and flexibility.

Jon T. McEwen
SIVART SOFTWARE
Summer 1996

PC-RecipeBox System Requirements

PC-RecipeBox requires Microsoft Windows version 3.1 or greater.   In addition it requires a sound card to play any <u>WAV</u> files.   Hard disk requirements are about 3,210,000 bytes for the files on the installation disk.   Disk space requirements will vary as you add and delete recipes and cookbooks.

In addition to the above, the 32 bit version of PC-RecipeBox requires Windows 95 or Windows NT.

PC-RecipeBox Installation

To install PC-RecipeBox from the Install disk:

Place the installation disk in drive A: (or B:).
From either Windows 3.1 **or** Windows 95, you can begin the installation process by double clicking on the PCREC32.EXE (for the 32 bit version) or PCREC16.EXE (for the 16 bit version) file from filemanager **-or-**

From **Windows 3.xx Program manager** select File Run, type in A:PCREC16.EXE (substitute B: if loading from floppy drive B:) and press Enter.   The installation program will install all of the necessary files in whichever directory you choose (the default is C:).   It will also create a new group to place the PC-RecipeBox icon in, or you can select an existing group.

From **Windows 95** Select the Start icon from the taskbar then select Run and type in A:PCREC32.EXE (or A:PCREC16.EXE if your installing the 16 bit version) and press Enter.   The setup program will install all of the necessary files in the directory you choose.   You can also choose which folder to add the PC-RecipeBox icon to.

To install PC-RecipeBox after downloading from a BBS:
The file that you downloaded from your BBS (America On-Line, Compuserve etc) is the same file that comes on the setup disk.   To install PC-RecipeBox after downloading, double click on the file installation file (PCREC32.EXE or PCREC16.EXE) and follow the instructions on the screen.

To see how to uninstall PC-RecipeBox, click here.

PC-RecipeBox Capacities

The following are the maximum capacities of PC-RecipeBox:

Maximum cookbooks per directory - **215**

Recipes per cookbook   - **2,147,483,647** (Note: this is the programmatic limit, you will be limited to your available disk space (and patience).

Ingredients per recipe - **50**

Bytes of preparation text per recipe   - **4,090** (about 4k)

Maximum categories - **50**

Maximum number of marked recipes - **250**

Technical Information
The PC-RecipeBox interface was written using Borland's Delphi for Windows. The database engine uses a balanced Bayer-Tree data structure that has proven itself both fast and reliable over the years.   It uses indices to quickly browse and access the underlying data records.   The recipe data is stored in files with the extension .RWZ, index files have the extension of .IX.   If PC-RecipeBox doesn't find an index file when it tries to open a cookbook it will create a new one, therefore if you are having problems opening a cookbook you might try deleting the .IX file and trying again. **If the open cookbook dialog box doesn't display a cookbook you know is there** it probably has the older .DAT or .WIZ extension.   If you are using version 1.5 or newer, the cookbook extension has changed to RWZ (too many other applications used .DAT and .WIZ).   Rename any .DAT or .WIZ files to .RWZ and they should be available to open.

Even though the database engine that PC-RecipeBox uses has proven itself very reliable in the years that I have been using it, you should still backup your cookbooks at regular intervals.

Running PC-RecipeBox

You start PC-RecipeBox the same way you start any Windows-based application:

1) Double click on the Program Icon for PC-RecipeBox that was created by the installation program.

2) Use the File Manager to locate and double click the PCRECBOX.EXE file (if you used the defaults in the install program, this file is located in the PCRECBOX directory).

3) Choose Run from the Program Manager File menu, and specify the path to PCRECBOX.EXE.

4) Start PC-RecipeBox from the command line: WIN PCRECBOX (assuming Windows is in your current path).

The PC-RecipeBox Browser

Browser Introduction

The browser is the first screen you see when you start PC-RecipeBox.   It is the interface that PC-RecipeBox uses to let you scan through your recipes and cookbooks. It presents the recipes in the current cookbook sorted (by default) in alphabetical order by recipe name. PC-RecipeBox always maintains the recipes in sorted order no matter how you enter them and there is no restriction on duplicate names (you might have several beef stew recipes).

Navigating with the Browser
Use the up and down arrow keys to move the highlight bar up and down one recipe at a time. Use PgUp and PgDn to scan through the cookbook one screen at a time.   Pressing a letter key (A-Z) will cause the browser to jump to the first recipe that begins with the letter pressed.   You can also use the scroll bars to move through your cookbook.   When you want to examine the highlighted recipe, press the Enter key (or double click the mouse) and PC-RecipeBox will take you to the editor.

NOTE: The order of the recipes in the browser depends on the case of the name.   Names that are all upper case will sort ahead of those with the same letters but mixed case.   To avoid confusion, enter all names in the same manner and remember, *PC-RecipeBox will automatically convert the first character of each word to upper case for you as you enter it as long as the caps lock key is off*.   **HINT:** If you have recipes (after an import for example) that are all uppercase and you want to reformat all of them to mixed case, use the Reformat All Recipes menu command under Tools.

Browser Conclusion
In addition to the browser screen, the menu allows you to perform most of the other functions available in PC-RecipeBox and the header and footer panels display information about the current cookbook.   The PC-RecipeBox browser is an intuitive tool that allows you to easily browse through your recipes and cookbooks but as you will discover as you work with it, it is also packed with features.

For more detailed information about the browser, click here.

PC-RecipeBox Browser Elements (Screen Definition)

Browser Elements

The Browser screen is made up of the following elements:

The Menu   Lets you perform application and cookbook functions

Header Panels   Displays information about the current cookbook

Browser Screen   Displays Recipes in the cookbook

Scroll Bars   Lets you move through the cookbook

Footer Panels   Displays more information about the current cookbook

PC-RecipeBox Menu

File   Search   Tools   Shopping List   Calendar   Help

The browser menu is organized as follows:

Files

Create New Cookbook	Creates a new cookbook.
Open Existing Cookbook	Opens an existing cookbook.
Add a New Recipe	Adds a new recipe to the current cookbook.
Delete Highlighted Recipe	Deletes the recipe highlighted in the browser.
Export	Export the current (or marked) recipe(s).
Import	Import native (or Meal Master) files into the current cookbook.
Print Setup	Set up your printer defaults.
Print	Print the current (or marked) recipe.
Output RTF File	Output the current (or marked) recipe to a Rich Text File.
Output RTF Cookbook	Output recipes in the browser to a Rich Text File.
Custom Setup	Set up custom report (primarily for 3x5 cards).
Custom Print	Print the custom report.
Exit	Exit PC-RecipeBox.

Search

Find	Search for a recipe based on some selection criteria.
Find Next	Search for the next occurrence of the previous find.
Filter	Display only the recipes that meet some selection criteria.
Cookbook Search	Search all of your cookbook files at once.

Tools

Mark/Unmark	Mark the current recipe for future export or printing.
Clear All Marks	Unmark all currently marked recipes (if any).
Sort Order	Display the recipes in a different sort order.
Defaults/Options	Change the configuration options for future sessions.
Edit Categories	Edit the list of drop down categories to meet your needs.
Edit Nutritional Data	Modify the nutritional database to meet your requirements.
Browser Font	Change the font used by the browser.
Rebuild	Rebuilds the indices for the current cookbook.
Reformat All Recipes	Sets the case and reformats the preparations text on all recipes in the current cookbook.
PKZIP a cookbook	Uses PKZIP to compress the cookbook currently in the browser.
PKUNZIP a cookbook	Uses PKUNZIP to uncompress a ZIPped cookbook file.

Shopping List

Add Current	Display the shopping list window with the ingredients from the current (or marked) recipe(s).
Edit	Edit the current shopping list.

Calendar   Brings up the calendar window to let you perform meal planning.

Help

Registration/Purchase	Displays information on registering your copy of PC-RecipeBox.
Contents	Display the Help table of contents.
Topic Search	Allows you to search for a specific topic in the help file.
About	Displays information about PC-RecipeBox.

PC-RecipeBox Browser Elements (Header Panels)

PC-RecipeBox EVALUATION v2.5/32 bit	Cookbook=D:\R432\PCRBOX2	Key: Name

The Header Panels

The header panels are directly below the menu on the browser screen. The left panel displays "PC-RecipeBox (Demo, UNREGISTERED / Registered / EXPIRED)" and the version number.   The center panel displays the current cookbook name and location and the right panel displays current key (or sort order).

PC-RecipeBox Browser Elements (Scroll Bars)

Vertical Scroll Bar

The scroll bar on the right side of the browser window shows you your relative position in the cookbook. For example, if the highlight is halfway down the scrollbar, you're halfway through the cookbook. You can also use your mouse to navigate through the cookbook by clicking on the arrows at the top and bottom of the scroll bar, clicking on the scroll bar or grabbing the highlight and dragging it to a new location.

Horizontal Scroll Bar

The scroll bar at the bottom of the browser window allows you to scroll the browser window to the left and right to see more of the browser line.   With the default font, you should be able to see all of the recipe line but if you resize or change the <u>browser font</u>, depending on the size of the browser window you may need to scroll horizontally.

PC-RecipeBox Browser Elements (Footer Panels)

Recipes: 15	© '96 SIVART		Turn Filter Off

Footer Panels

The footer panels are at the bottom of the browser window.   The left panel displays the number of recipes in the current cookbook (or the number in the filtered view if you have a filter on), the center panel displays the SIVART copyright and the right panel displays context information (it is usually empty).
NOTE: If you are currently displaying a subset of recipes (a filter) the right header panel will display "Key: Filter" and a button will appear on the right side of the footer panel that says "Turn Filter Off" (as shown above). If you click this button the current filter will be turned off and the browser will again display all of the recipes in the chosen sort order.

PC-RecipeBox Browser Functions

Browser Functions

Besides using the browser to scan through the current cookbook, many of the features that make PC-RecipeBox such a powerful tool are available from here.   For example, from the browser you can mark or unmark recipes for later printing, or output to a Rich Text Format file, exporting or to add them to the shopping list. You can import PC-RecipeBox or Meal Master formatted text files into the current cookbook or export recipes from the current cookbook to a PC-RecipeBox formatted text file. You can print the current recipe or all of the marked recipes, create, edit or print a shopping list and plan meals for a week (or whatever time period). You can also add new recipes to the current cookbook, open a different cookbook (or create a new one), delete recipes, find a recipe or group of recipes based on some search criteria and change the order that the browser displays the current cookbook to you.

View/Editing Recipes

View the current Recipe

(Keystroke - Enter)

When you press the Enter key from the browser, (or double click a recipe with the mouse) PC-RecipeBox will copy the current recipe (the one with the highlight bar on it) into the recipe editor and display the <u>editor</u> window. From the editor window you can view and edit the recipe.   Click on the word "editor" above to see more information on the editor.

Adding New Recipes

Add a new recipe

(Menu choice File-Add a New Recipe OR
 Keystroke - Ins OR
 Right Mouse click for the pop-up menu and choose "Add Record")

When you add a new recipe to the current cookbook PC-RecipeBox will open up a empty <u>editor</u> window.   Type in your new recipe and press the OK button to accept it.
NOTE: If you leave the Caps Lock off, PC-RecipeBox will format the text as you type it (except for the notes and preparations fields).

Deleting Recipes

Delete a Recipe

(Menu choice File-Delete Highlighted Recipe OR
 Keystroke - Del OR
 Right Mouse click for the pop-up menu and choose "Delete Record")

When you delete a recipe, PC-RecipeBox will ask for confirmation prior to deleting it from the cookbook.
NOTE: Unlike most other recipe databases (including most commercial products) space that was used by deleted recipes will be automatically reused when a new recipe is added to the same cookbook.   Therefore, you do *not* have to <u>rebuild</u> your cookbooks to maintain efficient use of your disk drive.   If you delete lots of recipes from a cookbook file however, you can rebuild the database and recreate the index file by choosing Rebuild under the Tools menu (click on "rebuild" above for more information).

Creating a New Cookbook in PC-RecipeBox

To Create a New Cookbook

(Menu Choice File-Create New Cookbook or shortcut Ctrl+W)

When you create a new cookbook, PC-RecipeBox will display a dialog box asking for the new name.   After you type in the new name and press Enter, PC-RecipeBox will open up a new empty browser and ask you if you want to <u>import</u> data into the new cookbook.   If you have recipes in either a PC-RecipeBox or Meal Master format answer yes and PC-RecipeBox will ask you for the name of the file to import.   PC-RecipeBox will then open the file and begin importing the new recipes.   If you don't have recipes to import, answer no and PC-RecipeBox will leave you in the blank browser.   From here you can press Ins or right-click the mouse and choose <u>Add Record</u> to add new recipes to the cookbook.

Opening an Existing Cookbook

To open an existing cookbook

(Menu Choice File-Open Existing Cookbook or shortcut Ctrl+O)

When you to open an existing cookbook, PC-RecipeBox will display a dialog box asking for the existing name. It displays a standard Windows dialog box that allows you to browse all resources currently available.   When you select a new cookbook, PC-RecipeBox will display it in the browser once it has been successfully opened.

If you are opening a Recipe Management System cookbook:
The Recipe Management System is the DOS version of PC-RecipeBox. To use a RMS cookbook with this version of PC-RecipeBox, copy the .DAT and .IX file into the subdirectory that you installed PC-RecipeBox in and rename the .DAT file to .RWZ.   Starting with version 1.5, cookbooks are no longer backward compatible (version 1.0, 1.01 and ALL Recipe Management System versions will NOT read version 1.5 and on cookbooks correctly). PC-RecipeBox starting with version 1.5 will convert cookbooks from earlier versions when you open them the first time.
Note that the preparations text in the DOS cookbooks has carriage returns at the end of each line, therefore when they are read by PC-RecipeBox, the preparations text appears to word wrap before the end of the line. You can have PC-RecipeBox reformat the text to take out the carriage returns by choosing Reformat under the File menu (or pressing Ctrl+B) and the text will then wrap properly in PC-RecipeBox.   If you want PC-RecipeBox to reformat ALL recipes in the cookbook, choose "Reformat All Recipes" under the Tools section of the main menu.

Exporting Recipe(s) from PC-RecipeBox

To Export Recipe(s)

(Menu Choice File-Export or shortcut Ctrl+E)

One of the best reasons to keep your recipes in a database like PC-RecipeBox is so that you can conveniently share them with others.   The Import and Export features of PC-RecipeBox allow you to share recipes without having to re-type them.   To export, choose File-Export (or Ctrl+E).   If you don't have any recipes marked, PC-RecipeBox will ask if you want to export **all** recipes in the current cookbook.   If you answer no, only the current recipe will be exported.   If you have recipes marked, PC-RecipeBox will ask for confirmation to export all of the marked recipes, then export them.   All recipes are exported to a file (in the same directory as PCRECBOX.EXE) called EXPORT.OUT.   If EXPORT.OUT already exists, PC-RecipeBox will ask if you want to overwrite the existing file.   If you answer no, the exported recipe(s) will be appended to the existing file.   Once you have your recipe(s) exported, you can copy the EXPORT.OUT file to a floppy and give it to someone else to import.

Importing Recipe(s) into PC-RecipeBox

To Import Recipe(s)

(Menu Choice File-Import or shortcut Ctrl+I)

You can add recipes to your cookbooks without having to re-type them by utilizing the Import feature.   PC-RecipeBox will import both PC-RecipeBox version files (of course) or the de-facto standard Meal Master format found on lots of bulletin boards and internet sites.   When you choose Import, PC-RecipeBox will display a dialog box asking for the name of the file that contains the data to import.   PC-RecipeBox will automatically detect the type of file and import it into the cookbook that is currently opened. Because the maximum number of ingredients in a PC-RecipeBox recipe is fifty, if there are recipes imported that contain more then fifty ingredients the excess will be written out to a file called "MAXING.OUT" and a message will be displayed telling you of its existence.   Usually recipes imported from Meal Master with too many ingredients are caused by the limited size of the ingredient space available in Meal Master and the resulting necessity to wrap the same ingredient across multiple lines.   Because of the larger ingredient text field in PC-RecipeBox, you can usually reformat the ingredients to fit them all in.

For Windows Gourmet users: If you want to move recipes from Windows Gourmet to PC-RecipeBox, export them from Windows Gourmet in Meal Master format.   They will then import into PC-RecipeBox as Meal Master type files.

MMCONV: MMCONV.EXE is a program written by Rodney Grantham that will format text files and non-Meal Master files (QUIKBOOK, Compu-Chef, From Scratch, Micro-Cook, MasterCook and Key Home Gourmet) to a Meal Master format that PC-RecipeBox will read.   If you have recipes in one of these formats that you want to convert to PC-RecipeBox (or you just want to type them in using your favorite word processor and have MMCONV clean them up), grab a copy of MMCONV and try it out!   You can find MMCONV on lots of BBS's or you can e-mail Rodney at: Rodney.Grantham@SID.NET.

Printer Setup

To change you printer configuration

(Menu Choice File-Print Setup)

Print Setup allows you to set up your printer configuration.   It will present you with a standard Windows Printer Setup dialog box where you can choose from the installed printer drivers, and change the configuration or destination (output port or file) of the chosen printer.

Printing Recipes in PC-RecipeBox

To Print Recipe(s)

(Menu Choice File-Print or shortcut Ctrl+P)

Choosing Print will print the currently highlighted recipe if you are in the browser, or the recipe that is currently in the editor if you are editing. If you have multiple recipes marked, PC-RecipeBox gives you the option of conveniently printing all of them.

If you want to change the look of your recipes before printing them, output your recipes to a Rich Text Format (.RTF) file using the "Output RTF File" or "Output RTF Cookbook" menu choices (under File).   Output RTF File will output the current recipe or all marked recipes to a file called RECIPE.RTF.   Output RTF Cookbook will output all recipes in the browser (in browser order) to a file called COOKBOOK.RTF. Since Rich Text Format files can be directly read by most word processor programs, after creating the files start up your word processor and open the appropriate .RTF file.   You can then use your word processor to modify the recipe(s) in any way you like before printing them.

Custom Setup

To setup a custom report

(Menu Choice File-Custom Setup)

The main purpose of this menu selection is to allow you to create custom reports.   The default values supplied in the Custom Setup dialog box allow you to print your recipes on 3x5 card stock on an Epson compatible dot-matrix printer.   You can specify a setup string, reset string, lines per page, form feeds between pages, final form feeds, space saver (squeeze out some blank lines), pause between pages (for turning the cards over to print on the back) and which output port to send it to (or file).   The setup strings and reset strings can contain the decimal values of the control characters if you proceed them with a backslash (\) character (for example \27 would be the escape character).   Using control characters requires that you have a pretty good understanding of your printer and its' command language.   Some careful experimentation may be necessary to get the desired output.

Custom Print

To print a custom report

(Menu Choice File-Custom Print)

Custom print will bypass the normal Windows print routines and send your custom report directly to the selected port.   The default values will print the current recipe on 3x5 card stock on an Epson compatible dot matrix printer.   For best results, set the card so the it is barely visible over the top of the ribbon.   Some experimentation may be necessary to align the card so the recipe is centered.   The default settings will pause between pages to let you turn the card over for printing on the back.   After re-inserting the card make sure to turn the printer back on-line (if necessary) prior to pressing the OK button in the "pausing between pages" dialog box.

Exit PC-RecipeBox

To exit PC-RecipeBox

(Menu Choice File-Exit, Alt+F4)

Exit will close the current cookbook and terminate PC-RecipeBox after asking for confirmation of your intentions.   You can also exit by clicking on the close window button (from the browser) or pressing Alt+F4 (from the browser).   If you have *not* registered your copy you will be presented with information on registration prior to exiting.   If you have the "Zip cookbook on program end" option turned on, PC-RecipeBox will call PKZIP.EXE (it must be located in your path) and zip the current cookbook before exiting.

Finding Recipes in PC-RecipeBox

To find (a) recipe(s) in the cookbook

(Menu Choice Search-Find or shortcut key Ctrl+F)
(Menu Choice Search-Find Next or shortcut key F3)
(Menu Choice Search-Filter or shortcut key Ctrl+T)

SEE ALSO Searching Multiple Cookbooks

You can tell PC-RecipeBox to find a recipe in the current cookbook based on the recipe name, type, main ingredient or any other field in the recipe (even the preparations text!). When you tell it you want to Find or perform a Filter, PC-RecipeBox will display an empty recipe (the first time) in the editor for you to enter your search criteria.   If you have searched previously, the previous search criteria will be displayed.   If you want to perform a new search, click on the Reset button to empty the search screen and start over.   Move to the field (or fields) that contain the data you want to search for and enter your search criteria.

 NOTE 1:   Entries in multiple fields will always be treated as AND conditions.

 NOTE 2:   Searches will find any occurence within the field and are NOT case sensitive.

 NOTE 3:   If you want to EXCLUDE a recipe based on your search criteria (don't want any recipes that contain eggs for example) precede your search criteria with a dash (-) for example **-eggs**.

 Example 1:   If you wanted to see a recipe whose name contained "Eggplant" move to the name field, type in **eggplant** and click the OK button (or press Ctrl+Enter).

 Example 2:   If you want to find a recipe that contained eggs and cheese, move to the first ingredient line and type in **egg**, then move to the second line and type in **cheese** and click OK.

 Example 3:   If you want to find a chicken dish that doesn't include extra salt, move to the first ingredient line and type in **chicken**, then move to the next line and type in **-salt**.

 To find the next occurrence, press F3 or choose Find Next from the Search menu.

 Filters are performed in the same manner as finds, except that when you click OK PC-RecipeBox will scan the entire cookbook looking for matches and will then display only the matching recipes.   **To turn off a filter**, click on the button labeled "Turn Filter Off" on the browser footer panel, or choose a different sort order from the Tools-Sort menu selection.

Searching Multiple Cookbooks in PC-RecipeBox
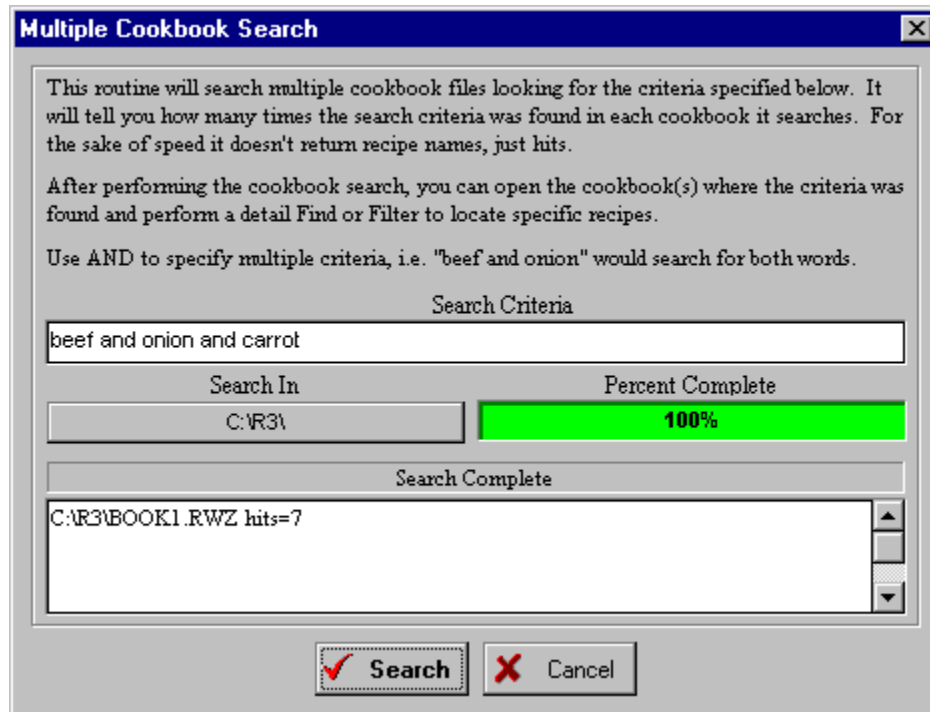
To search multiple cookbook files

(Menu Choice Search-Cookbook Search or shortcut key Ctrl+K)

If you have multiple cookbook files (.RWZ) and can't remember which file a recipe is in (or just want to search all of them for a new recipe) the Cookbook Search menu option is the answer.   When you select it you will be presented with a screen similar to the above example.   Move to the Search Criteria field and type in what you're searching for.   If you want to search for multiple criteria, separate them with the word AND (case doesn't matter) as shown in the above example.   For the sake of speed the cookbook search routine just searches the files for the combination of words specified and returns the number of times they were found (hits).   Once it completes the search, open the cookbook(s) that contain hits and   perform a detail find or filter search to display the recipe(s).

NOTE: The number of hits displayed may be more than the number of recipes that are found in the cookbook using the same search criteria.   This is because a hit is defined as the number of times the combination of search criteria words are found (they may be found more than once in the same recipe).

Browser Sort Order

To change the order of the recipes in the browser

(Menu Choice Tools-Sort or shortcut key Ctrl+S)

The PC-RecipeBox browser can display the recipes in one of three orders; (not counting <u>filters</u>) recipe name, category or main ingredient. The order currently being used is displayed in the top right hand browser panel as:

      Key: Name - Displayed in Recipe Name order
      Key: Category - Displayed in category order
      Key: Main Ing - Displayed in Main Ingredient order

Pressing Ctrl+S or choosing Tools-Sort will bring up the browser sort definition dialog box with three radio buttons representing the three sort orders.   Click the one you want and select OK and the browser will switch the order for you.

If you want the browser to default to Category or Main Ingredient sort order, check the Save Sort Order box in the "Defaults/Options" screen under the "Tools" menu.

Marking/Unmarking Recipes

To Mark/Unmark Recipes

(Menu Choice Tools-Mark or shortcut key Ctrl+M)

Sometimes you may want to print, export or create a shopping list from an unrelated group of recipes.   This is accomplished in PC-RecipeBox by marking the recipes you are interested in.   Marked recipes are indicated by an arrow in the left margin of the browser.   The number of currently marked recipes will be displayed in the bottom right footer panel.   If there are recipes marked when you initiate any of the following functions: Print, Export or Shopping List Add, you will be asked if you want to perform the function on all of the marked recipes. Mark is a toggle action, if a recipe is not marked Ctrl+M will mark it, if it is marked Ctrl+M will unmark it.   If you want to clear all of the current marks use Tools-Clear Marks (or Ctrl+C).

Changing the PC-RecipeBox Defaults

Changing your default configuration

(Menu Choice Tools-Defaults or shortcut key Ctrl+D)

You can change which cookbook PC-RecipeBox opens when it starts, whether to use the U.S. Customary or Metric system as the default, whether it converts large liquid quantities to gallons, and specify a custom subtitle to printout on your recipes.   You can also change the way the tab key behaves in the ingredients section, save your browser font and sort order and have it execute PKZIP to compress the cookbook in the browser every time you exit!

If you check the "Save Browser Font" box the browser font you currently have active will be used the next time PC-RecipeBox starts up.

If you check the "Use tab key..." box the behavior of the tab key will change when you are in the editor.   The default (unchecked) is that the cursor will move to the preparations field if you press tab while in the ingredients section.   If you check this box, pressing tab while in the ingredients section will move you to the **next cell** instead.   If you have this box checked you must use the mouse to move to the preparations section (or tab through all 100 of the ingredient cells).

If you check the "Save Sort Order" box, PC-RecipeBox will use the currently defined browser sort order (recipe name, category or main ingredient) the next time it starts up.

If you check the "ZIP the browser cookbook...", PC-RecipeBox will execute PKZIP (it must be in a subdirectory in your PATH statement) and zip the cookbook that is currently in the browser.

Check or uncheck each of the nutritional items you want PC-RecipeBox to track when you tell it to analyze your recipe.

NOTE: The cookbook you have opened when you choose this option will be filled in as the default cookbook so make sure of your intentions prior to pressing Save or you may inadvertently change the default cookbook.

Changing the Recipe Categories

To change the categories

(Menu Choice Tools-Edit Categories)

The categories that are displayed in the drop down box in the editor can be modified to suit your needs.
NOTE: Unlike most other Windows applications, PC-RecipeBox doesn't limit you just the items in the drop down box, they are in effect just   suggestions.   You are free to add whatever you want in the category field even if it's not one of the assigned categories.   If you find yourself constantly adding a category that's not in the list however, you might want to add it just so you don't have to type it in every time.

When you choose this action, the category editor box will be displayed (see example above). Use the up and down arrows or the scroll bar to move to the category to modify or delete.   Make your modifications (use Ctrl+Y to delete the current category and Ctrl+N to insert a new category) and press the Save button (or Cancel to throw away any changes).   The categories will automatically sort before saving, so you don't have to add them in order.

Changing the Browser Font in PC-RecipeBox

To Change the Browser Font

(Menu Choice Tools-Browser Font)

You can temporarily change the font that the browser uses to display the recipes.   When you select this function PC-RecipeBox will display a standard Windows Font dialog box and will allow you to select any of the **mono-spaced** fonts you currently have installed on your machine.   The browser will use the font you pick until PC-RecipeBox is closed or you pick a different font.

Rebuilding a PC-RecipeBox Cookbook

Rebuilding your cookbook
(Menu Choice Tools-Rebuild or shortcut key Ctrl+R)

PC-RecipeBox will reuse space occupied by deleted recipes when you add a new recipe so periodic rebuilds are *not* required to maintain efficient use of your hard drive.   If you delete a large quantity of recipes from a cookbook and aren't planning on adding any more however, this option will compact your cookbook and rebuild the index file.

Unable to open database
If PC-RecipeBox doesn't display a cookbook in the open cookbook dialog box, check to make sure it has the file extension **.RWZ**.   Starting with version 1.50 the extension of the data files changed from .DAT (or .WIZ) to .RWZ (too many other applications used .DAT and .WIZ).   If you have a cookbook with the older .DAT or .WIZ extension, just rename it to .RWZ and it should open OK.
If PC-RecipeBox is unable to open a cookbook, the first thing to check is to make sure there isn't already an instance of PC-RecipeBox running.   Use Ctrl+Enter (in Windows 3.x) or check the task bar (Windows 95) to make sure that PC-RecipeBox isn't already running.   If it isn't, it may not be able to open a cookbook because the index file or data file is corrupt.   **To try and recover the cookbook** delete the index file for the cookbook that PC-RecipeBox is unable to open (it will have the same name with the extension .IX) and then try to re-open it.   PC-RecipeBox should respond with a dialog box that says: "Index file is defective. Rebuild?" Press the Yes button and PC-RecipeBox will attempt to rebuild the database and index file.   If it still can't open the cookbook use your backup file (I hope you have one because there isn't anything I can do to recover it).

Reformatting a PC-RecipeBox Cookbook

To Reformat your cookbook
(Menu Choice Tools-Reformat All Recipes)

This menu choice will scan through the current cookbook and make the following modifications: Change all text (except the notes and preparations fields) to mixed case, and reformat the preparations text to remove all carriage returns.
Carriage returns in the preparations text will prevent PC-RecipeBox from performing automatic word-wrapping in the preparations text field in the editor, and also when it prints the recipe.   The effect of imbedded carriage returns is to make the preparations text appear to "wrap early".
Removing carriage returns (they can be especially pesky in imported recipes) will allow PC-RecipeBox to make full use of the space available in the preparations editor and on the printed page.

Using the PKZIP.EXE Hook

**To use PKZIP to compress your cookbook**
(Menu Choice Tools-PKZIP a cookbook)

This menu choice will execute PKZIP.EXE (it must be in a directory in your path) to compress the cookbook currently in the browser.   PKZIP can compress a typical cookbook file set (the .RWZ and .IX files) by as much as 87% (so it's only 13% of the original size).   This makes it easier and faster to back up your cookbooks on floppies.   You can even set up PC-RecipeBox to automatically execute PKZIP every time you exit (see Defaults/Options for more information on setting this up).

Reordering the ingredients

Reordering the ingredients
(Menu Choice Tools-Reorder Ingredients)

Sometimes the ingredients in a recipe aren't listed in the order they're used (don't you hate that?).   This command allows you to easily reorder the ingredients in your recipe without having to retype them.   Use your mouse to click on the ingredients in the order you want them to be.

Using the PKUNZIP.EXE Hook

To Reformat your cookbook
(Menu Choice Tools-PKUNZIP a cookbook)

This menu choice will execute PKUNZIP.EXE (it must be in a directory in your path) to uncompress a previously zipped file.   When you execute PKUNZIP it will bring up a dialog box that will allow you to choose the .ZIP file to uncompress.   Once you choose the file it will warn you to close the UNZIP window (if it stays open after unzipping) before returning to PC-RecipeBox. After you click OK it will ask you if you want to confirm before overwriting existing files.   If you answer No, PKUNZIP will uncompress the ZIP file and overwrite any existing files.   If you answer Yes, PKUNZIP will ask for confirmation before overwriting any existing file.   /b If you choose Yes, make sure that if you restore a cookbook file (.RWZ) you restore the corresponding index file (.IX).   If you don't restore the corresponding index file you run the risk of corrupting your cookbook!

The PC-RecipeBox Shopping List/Aisle Manager
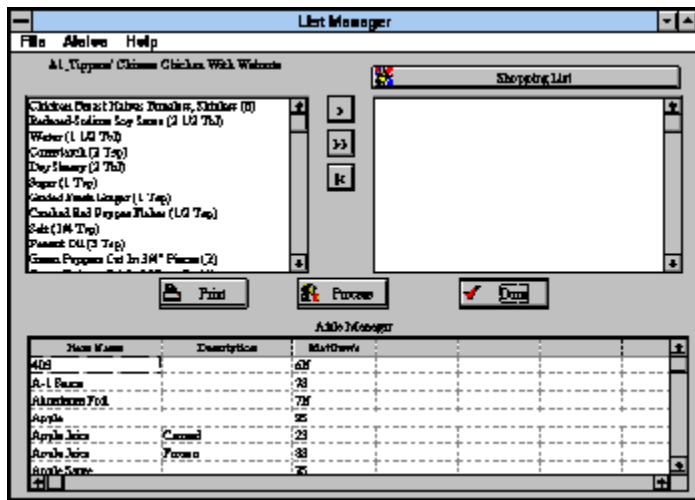
To work with the shopping list

(Menu Choice Shopping Lists-Add Current)
(Menu Choice Shopping Lists-Edit)

The shopping list allows you to add ingredients from the current recipe (or from all <u>marked</u> recipes) to a shopping list.   If you have an entry in the Recalc size field, you will be presented with a dialog box that asks for the number of servings you are preparing.   Press the appropriate button and the shopping list dialog box will appear (see example above).

The shopping list dialog box is made up of three screens and command buttons. The upper left hand screen contains the ingredients and quantities for the current recipe, the upper right hand box contains the actual shopping list. The lower half of the screen contains the store aisle manager.

To add individual ingredients to the shopping list use your mouse to highlight the recipe to add (click on it) then click on the single right hand arrow (>) button.   PC-RecipeBox will add the ingredient to the shopping list.

To add multiple ingredients to the shopping list hold down the Ctrl key and click on the ingredients to add, this will highlight multiple ingredients.   When you have all of the required ingredients highlighted, click on the single right hand arrow button (>) to add all of the highlighted ingredients to the shopping list.
To add ALL of the ingredients to the shopping list click on the double right hand arrow (>>) (no ingredients need to be highlighted).

To clear all ingredients out of the shopping list click on the bar left (|<) arrow.   After confirmation of your intentions, PC-RecipeBox will clear out the shopping list and unmark all currently marked recipes.

Edit the shopping list to add any other ingredients you want.   You can highlight text, use cut (Ctrl+X), copy (Ctrl+C) and paste (Ctrl+V) and any other "regular" Windows editing keys.   Once you have all of the items added to your shopping list, press the "Process" button and PC-RecipeBox will add aisle information to your list and sort it in aisle order as shown:
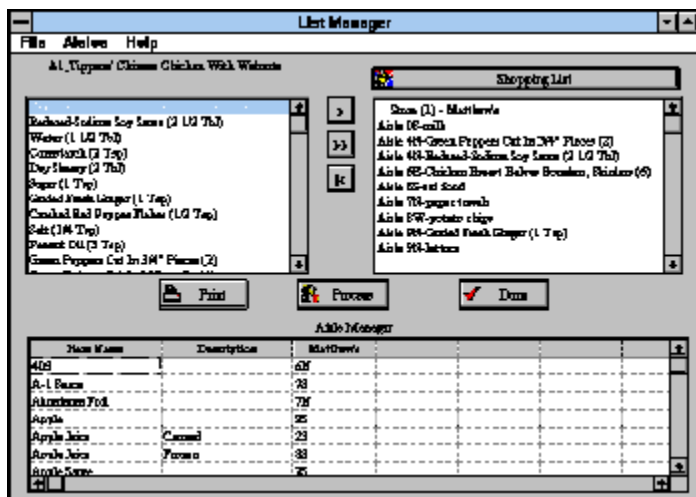
The Aisle Manager

Having your shopping list sorted into aisle order will save you lots of time when you go shopping.   It helps to eliminate back-tracking for those items you see are still left on your list after you've made the first (or second) pass through the store, and it allows you to skip aisles that aren't on your list.   It also helps if you have someone else do your shopping who might not be familiar with your store.

You can add aisle information for up to ten different stores in the aisle manager.   To add a store to the list, choose "Add Store" under the "Aisles" menu choice.   It will prompt you for the name of the store and add it in the next available column.   The manager comes complete with several hundred common (and some not so common) items (you can have up to five hundred).   After adding a store, go through the list and add the aisle number for each of the items in the list.   If you copy down the sign board information in your store (usually hanging in each aisle) the next time you go shopping you should be able to easily add the aisle information to each item.

Any items that aren't found in the aisle table will be sorted to the top of the list when you press the Process buton.   You can then either add the information into the aisle manager and reprocess the list or print out the shopping list to use as is.   By noting the aisle information on the shopping list while shopping and adding it back into the aisle manager later, you will build up your aisle information database and eventually eliminate any unfound items.

Add items to the aisle manager list by pressing Ctrl+N or by right clicking the mouse in the aisle manager window and choosing "Insert a Line" from the pop-up menu.   You can add items in any order and then sort it later by choosing "Sort" under the "Aisles" menu.

Starting with version 2.0, you can save your shopping list to a file so that it is available in future sessions.   If you can't finish the shopping list now, save it and come back later by selecting File Save from the menu and typing in the name of the file you want to save it to (with a .SHP extension).   When you restart PC-RecipeBox later, open the shopping list editor (Shopping List, Edit from the browser menu) and choose File Open from the editor menu and select your previously saved file.

Press the "Print" button to print the shopping list once you have it the way you want it.

The PC-RecipeBox Meal Planner

Working with the meal planner

(Menu Choice Calendar)
PC-RecipeBox allows you to perform meal planning and automatically keeps track of the recipes selected.
When you choose "Calendar", PC-RecipeBox presents the "Weekly Planner" dialog box.
NOTE: Unlike most other dialog boxes in PC-RecipeBox, the Weekly Planner will remain on top of the browser until you close it.   You can however resize it and/or move it out of your way as you scan through your cookbook.

To use the planner: Use the mouse to highlight the day on the calendar you are planning for.   Highlight the recipe you want to add to that day (you can perform these two steps in any order) and click on the "Add" button on the planner.   The date and recipe will be added (in date order) to the memo box at the bottom of the planner *and* the recipe will be marked. Continue adding recipes to the current date until you have planned all of the meals for that date, then highlight a new date on the calendar and continue until you have all of your meals planned.   You can then press the "Print" button to print out a list of the meal plan and close the weekly planner by pressing the "Close" button.

Here comes the cool part...
Because the recipes that you added are now "marked" you can print them all out by selecting Print (from the File menu) and telling PC-RecipeBox to print all marked recipes.   You can also build a shopping list from the marked recipes.   **Before you open a new cookbook** make sure to print out the marked recipes and build your shopping list from the marked recipes.   The shopping list and the weekly planner won't be cleared as you move between cookbooks but marked recipes are automatically unmarked when a cookbook is closed.

NOTE: If you add a recipe to the meal planner more than once PC-RecipeBox will unmark it and it won't be available to print or to add to the shopping list.   Make sure that you manually re-mark recipes when adding them to the meal planner more than once.

The PC-RecipeBox Spell Checker
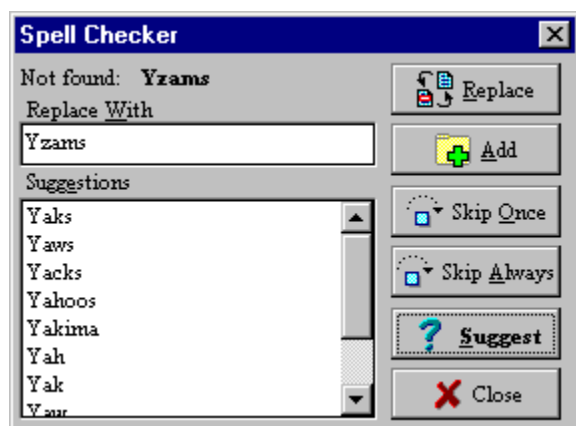
To check your spelling
The PC-RecipeBox spell checker uses a highly optimized Directed Acyclic Word Graph (DAWG) engine that results in a super fast (+- 55,000 words per minute on a 486-66) spell checker with a 120,000 word **customizable** dictionary.

You can check the spelling of the whole recipe, or just the preparations text. To check the whole recipe, select SpellCheck under the File menu in the editor or use the shortcut key (Ctrl+S) or click on the Spell button.   To check only the preparations text, click on the Preparations button in the editor (just above the preparations text).   Either way you will be presented with a screen like the sample above as the spell checker scans through and checks your words.   If it finds a misspelled word you have several options.

If you know how to spell the word correctly, type the correction into the "Replace With" box and click on the "Replace" button.

If you want to add the word as spelled to your custom dictionary, click on the "Add" button.

If you want to skip the word once, click on the "Skip Once" button.

If you want to always skip the word, (for the rest of the checking session) click the "Skip Always" button.

If you would like suggestions on correct spellings, click on the "Suggest" button.   The spell checker will search the dictionary and suggest words in the "Suggestions" box.   If you want one of the suggested words, highlight it and select "Replace".

If you would like to cancel the spell check, click on the "Close" button.

NOTE: A spell check session is initiated for each ingredient line so even if you tell the spell checker to "Skip Always", it will find the same misspelled word if it exists on a different ingredient line.

The PC-RecipeBox Nutrition Analyzer
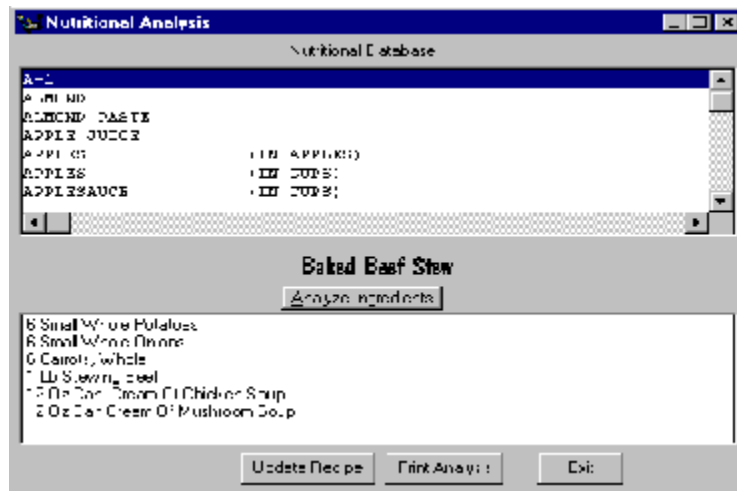
To analyze your recipe
Select "Nutrition" under the "Tools" menu in the editor and PC-RecipeBox will bring up the nutritional analyzer screen (above).   The top part of the screen displays the nutritional database and the lower portion contains the quantities and ingredients of the recipe to analyze.   Press the Analyze Ingredients button to start the analysis. The analyzer will step through each ingredient and try to find a match in the nutritional database.   When it finds a matching keyword it will display the match and ask for confirmation (if you opted for confirmation) as shown:
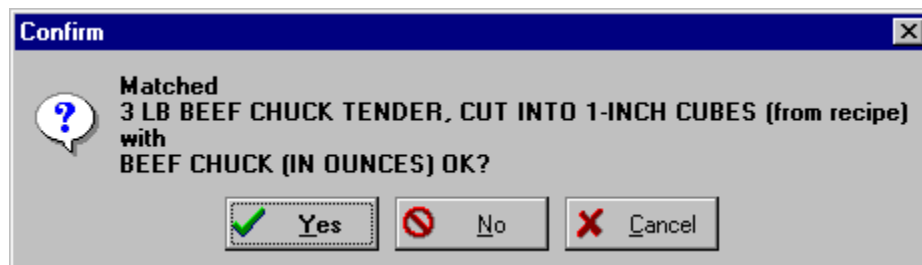
The second line of the confirmation dialog box contains the description of the ingredient from the recipe.   The fourth line contains the potential match from the nutritional database.   Notice in the above example the ingredient is in pounds (3 LB) and the nutritional database match is in ounces, the analyzer *will* be able to reduce these to a common value and make the proper analysis.   The analyzer now (starting with version 2.5) *prechecks* the quantity value of the potential match and won't show any that it can't reduce to a common amount (no more Mismatched Quantity Qualifier messages!).

The nutritional database may have the same ingredient listed twice (or more) with different measurement qualifiers because of the different ways that ingredients can be entered in a recipe.   Onions for example may be entered in either cups or in onions (for example 1/2 Cup Onions or 1 Onion).

If the analyzer finds more than one potential match, it will present with with the new chooser tool to let you pick the one you want.   Just click on the radio button that corresponds to the item you want to use for the analysis.

If the analyzer doesn't find a match, you can add it into the nutritional database if you know the nutritional values.   Make sure the cursor is in the upper portion of the analyzer window and press the Insert key (Ins) and the analyzer will open up a new record:

Nutritional Database Editor

Key Word(s): AVOCADO

Description: (IN OUNCES)

Amount: 1 oz

In the Key Word field, enter the ingredient name to search the recipe with (MLK) and use the Description field to describe it (2%) DONT enter "2% MILK' in the Key Words field or it wont be found in the recipe.

Calories	46.0	Total Fat	4.3 Grams
Protein	0.6 Grams	Saturated Fat	0.7 Grams
Carbohydrates	2.1 Grams	Cholesterol	0.0 Milligrams
Sodium	3.0 Milligrams	% Calories From Fat	78
Fiber	0.6 Grams		

✓ UK   🗑 Cancel

In the Keyword field enter the key word (as generic as possible) for the item you're entering.   When you tell PC-RecipeBox to analyze your recipe, it will use the word entered here when searching your ingredients.   For example if you enter 2% MILK in this field and the recipe just calls for MILK, it will **not** be found.

In the Description field enter the description of the item you're entering.

In the Amount field enter the quantity for the nutritional values you are entering.   Again, like PC-RecipeBox itself, you can enter just about anything here, but in order for the analyzer to reduce amounts to a common value for analysis try to use one of the same valid quantity qualifiers that PC-RecipeBox uses:

For:	Use:
Teaspoon	Tsp, Teas, Ts
Tablespoon	Tbl, Tbs, TB
Fluid Ounce	Fl
Cup	Cup
Pint	Pint, Pt, Pnt
Quart	Quart, Qt, Qrt
Gallon	Gal
Dry Ounce	Oz, Ou
Pound	Lb, Pounds, Pds
Gram	Gram, Gr
Kilogram	Kilo
Liter	Liter
Milliliter	Ml

In each of the nine categories enter the nutritional values.

PC-RecipeBox will track all nine categories as a default, but you can limit it to just the ones you're interested in by un-checking the fields to ignore in the configuration window (Tools, Defaults/Options from the main browser window).

When PC-RecipeBox completes the analysis, the items that it matched in the nutritional database will be shown in parenthesis in the bottom window.   You can use this information to double check the accuracy of what it used for the analysis.

When all of the ingredients have been analyzed to your satisfaction, you can add the nutritional information to the recipe by clicking on the Update Recipe button.   When you do, PC-RecipeBox will add the total nutritional estimates per serving onto the bottom of the preparations text.   You can also print out a detailed nutritional analysis report for the recipe by pressing the Print Analysis button.   It will print out a report showing the nutritional analysis for each individual ingredient in the recipe.

NOTE: It is up to you to re-analyze a recipe if the ingredients (or servings field) change.   Before re-analyzing, be sure to delete any existing nutritional information from the preparations text of the recipe.

The PC-RecipeBox Editor
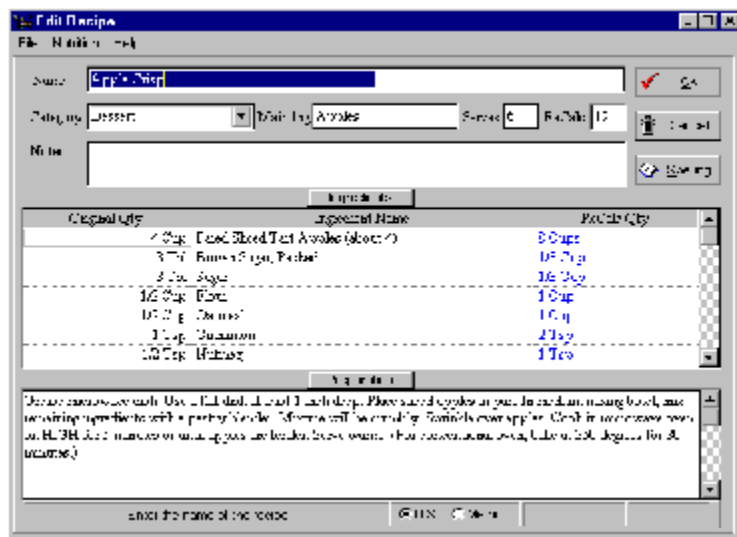
Recipe Editor Introduction
The recipe editor is where you add new recipes, view or make changes to existing ones, or enter your search criteria for <u>Finds and Filters</u>.   When you first invoke the editor (by pressing Enter from the Browser) you will see a screen similar to the above.   It displays the recipe name, type, main ingredient, servings, recalc servings, notes the first seven ingredients and the first five lines of preparations text.

Editing Existing Recipes
The PC-RecipeBox editor behaves the same as any other Windows application.   If you want to edit an existing field you can double click on the field (or press F2 if you are in the ingredients section) to select the entire field. Any typing while the entire field is selected will replace the existing text.   If you want to edit only a portion of an existing field you can press the left arrow (after the field is selected) to move the cursor to the section to change or use the mouse to highlight the section to change.

NOTE: PC-RecipeBox supports the use the standard Windows Cut, Copy and Paste keys. Use the mouse to highlight your selection, then use Ctrl+X to cut the selection to the clipboard, Ctrl+C to copy it to the clipboard. Position the cursor at the point you want the text inserted and use Ctrl+V to copy it from the clipboard.   If you want to select text from an ingredient line, double click the ingredient or press F2 to enter the field editor.

Navigating through the Editor
Use the Tab, Enter, arrow keys or mouse to move around the editor.   When you are in the ingredients section you can use the PgUp and PgDn key (or scroll bars) to scroll through the rest of the ingredients and when you are in the preparations section the same keys will scroll through the preparations text. The Recalc Qty fields are calculated fields (you can't move the cursor into them) based on the ReCalc field.   The left footer panel in the editor will display information about the currently active field.

Ingredients Section Note:
The ingredients section behaves a bit differently then the rest of the fields because logically it is viewed by PC-RecipeBox as one field.   When you press tab in the ingredients section, PC-RecipeBox will take you (by default) to the preparations text.   If you want the tab key to take you to the next cell in the ingredients section, check the "Use Tab key..." box in the "Defaults/Options" screen under the "Tools" Browser menu.   **If you want to edit an existing cell** in the ingredients section, press F2 (or double click on it) and the cell will be highlighted (or selected).   You can then edit the contents of the field and press Enter when done to accept the changes. **If you accidentally wipe out the text of a field** by typing while the whole field is highlighted, you can recover it by pressing the escape (Esc) key.

The Fields: Following is a list of the fields and a short description, clicking on a field name will bring up a more complete definition.

Recipe Name   The name of the recipe
Category   The recipe category
Main Ing   The recipes' main ingredient
Serves   The initial number of servings
ReCalc   The number of servings you want to make
Notes   Miscellaneous notes, BMP and WAV associations
Ingredients   The ingredients in the recipe
Preparation   The preparations text

Metric/U.S. Customary measurement system
You can make either the metric or U.S. customary measurement system the default system that PC-RecipeBox uses by changing the default configuration.   You can also switch between metric and U.S. customary in the editor by clicking on the radio button of your choice in the middle footer panel.   If the ingredient measurements are currently U.S. customary, if you click on the metric button the recalc quantities will be in metric measurements.

Conclusion:
The recipe editor tries to make it as easy as possible to enter and modify your recipes without being too restrictive.   It doesn't actually force you to enter anything in any specific format (it is your recipe after all) if you want to enter a measurement quantity that means something only to you (a smidge?) PC-RecipeBox tries to be accommodating.   The preparations text is free-form, enter the preparations in any format that appeals to you, but remember that if you are planning to print the recipe out on 3x5 cards the amount of available space on a single card is limited so don't include too many blank lines or other extras.

PC-RecipeBox Fields

The Recipe Name:

The name field is where you enter the name of the recipe (up to 70 characters).   PC-RecipeBox will automatically insert new recipes into their proper location in the browser based on what you enter here.   The location the recipe gets inserted into depends on the case of the name.   This means that names that are all upper case will be sorted before those with same letters but mixed case, for example "APPLE CRISP" will be sorted prior to "Apple Annie".   The best way to avoid any confusion this may cause is to enter all recipes in the same manner.   *Remember, PC-RecipeBox will automatically convert the first character of each word to upper case as long as the caps lock key is off.*

PC-RecipeBox Fields

Category:

This is the category that the recipe fits into, press the down arrow button to the right of the field to see an alphabetized list of categories.   You can press the first letter   of a category and the drop down box will jump to the appropriate category (S for Salads for example) or use the up and down arrow keys and then press Enter to select it. *If you want to edit the list, double click it with the mouse and PC-RecipeBox will bring up the Category Editor*. PC-RecipeBox doesn't force you to use one of the categories in the category list.   If you enter a category that isn't on the list it will just beep and warn you as you pass through this field, however keeping the values consistent will be to your benefit if you scan or search by category.

PC-RecipeBox Fields

Main Ingredient:

This field contains the main ingredient of the recipe.   It's up to you what gets entered here, it may the ingredient with the largest amount, or it may be the one that the recipe couldn't live without.   Use a little forethought about what you enter here,   for example don't enter Hamburger in one recipe and Ground Beef in another.   I use this field to further categorize my recipes.   For example in the category field I might have "Seafood" and in the main ingredient "Salmon" or "Oysters".   That way if I'm just looking for a seafood dish I can bring them all together by browsing by category, but if I have a piece of salmon I want to cook I can browse by main ingredient and bring all of my salmon recipes together.

PC-RecipeBox Fields

Serves:

Input the number of servings the recipe will provide based on the ingredient quantities.   If the serving size is something like "2 dozen" you can enter "2" in this field and add a note in the notes field that the "Serving Size is in Dozens" or you can enter 24.   Either way the ReCalc function will be correct as long as you enter the same measurement type in the ReCalc field.   For example, *don't* enter "2" in the Serves field (meaning dozen) and "36" in the ReCalc field (for 3 dozen individual pieces).   If you do, the ReCalc quantities will be for **36 dozen**.

PC-RecipeBox Fields

Recalc:

This field is where you enter the number of servings you would like to make.   PC-RecipeBox will automatically figure the ratio between what you enter here and the original servings and re-calculate each of the ingredients accordingly.   If you change the recalc value on an existing recipe the recalc quantities will be displayed as soon as you leave this field.   If you are entering a new recipe and have entered a value in the recalc field the individual quantities will be recalculated as you enter them.

PC-RecipeBox Fields

Notes:

The notes field is where you can enter anything about this recipe.   It might be where it came from, nutrition facts, a wine suggestion, special preparation notes or anything else you want to enter.

BITMAPS: If you want to associate a bitmap with this recipe, enter the name of the bitmap file in this field (it must already exist).   Make sure you include the extension **.BMP**, it is what PC-RecipeBox keys off of to turn on the "Display Bitmap" button.   PC-RecipeBox assumes that all bitmap files are in the same directory as the executable.   If this isn't the case, make sure to include the path to the bitmap when entering.   Once you associate a bitmap file with a recipe, the "Display Bitmap" button will be displayed every time you edit the recipe.   To display the bitmap, click on the button.   The associated bitmap will also optionally print when you print out the recipe (standard print only).   The width of the bitmap will be automatically resized to half of the defined paper size, and the height is resized to about 3/4 of the width.

WAVE (sound) FILES: If you want to associate a WAV file with this recipe, enter the name of the file in this field (it must already exist).   Make sure you include the extension **.WAV**, it is what PC-RecipeBox keys off of to turn on the "Play WAV" button.   PC-RecipeBox assumes that all WAV files are in the same directory as the executable.   If this isn't the case, make sure to include the path to the WAV when entering.   Once you associate a WAV file with a recipe, the "Play WAV" button will be displayed every time you edit the recipe.   To play the sound file, click on the button.

PC-RecipeBox Fields

Ingredients Section: Original Qty, Ingredient Name and ReCalc Qty fields

Original Quantity: You can enter just about anything in this field, 1 Can, 12 Drops, 5 Scoops etc. are all valid measurements and the ReCalc function will figure the ratio correctly.   However if you want PC-RecipeBox to perform conversions like 1 Tbl * 16 = 1 Cup, then make sure you use one of the following measurement qualifiers:

For:	Use:
Teaspoon	Tsp, Teas, Ts
Tablespoon	Tbl, Tbs, TB
Fluid Ounce	Fl
Cup	Cup
Pint	Pint, Pt, Pnt
Quart	Quart, Qt, Qrt
Gallon	Gal
Dry Ounce	Oz, Ou
Pound	Lb, Pounds, Pds
Gram	Gram, Gr
Kilogram	Kilo
Liter	Liter
Milliliter	Ml

Avoid measurements like 2 Tbl+1 tsp, they will not recalculate correctly.   If you must have a measurement like this, distribute it over two lines.   Also try to avoid descriptions in the qty field like "1 Small", although it won't hurt anything you may get "2 Smalls" in the Recalc qty.   Also note, since PC-RecipeBox thinks "ts" means teaspoons, any description like "2 Sheets" can cause it some discomfort and result in some strange recalc quantities. *As a general practice put numbers and quantities only in the "Quantity" field.*

Ingredient Name: Enter the ingredient and anything special like "Garlic, Smashed" or "Onion, Chopped".

NOTE: When entering ingredient names, try to make the actual name of the ingredient the first thing on the line.   If you do, the <u>shopping list</u> function will perform better when sorting ingredients and the aisle processor will run somewhat faster.

NOTE: You can create a header line by not entering a quantity, just some text in the ingredient field surrounded by a character.

ReCalc Qty: This column contains calculated fields, meaning that you will not be able to directly edit them. This column displays the ingredient quantity necessary to make the number of servings entered in the ReCalc field.

PC-RecipeBox Removal

To remove PC-RecipeBox:

NOTE: Print out this topic before uninstalling so you have something to refer to after this help file is deleted...

If you decide not to use PC-RecipeBox after trying it out, you can easily remove it from your hard drive by running the UNRBOX.EXE program (locate UNRBOX.EXE in file manager and double click on it).   **If you want to remove a registered version**, execute the "Unregister" menu choice under the main Help menu first, then run UNRBOX.EXE (outside of PC-RecipeBox) to uninstall.   If there are any files left in the directory after the uninstall (UNRBOX only removes files & components it installed) delete them and then remove the directory.

PC-RecipeBox News

"ONLY THE NAME HAS CHANGED, THE FACE REMAINS THE SAME."

Up until version 2.0 the name of this program was Recipe-Wizard.   It was brought to our attention in August '96 that another shareware recipe program for Windows was using the name Recipe-Wizard.   In order to avoid any confusion in the user community we decided to change the name of our product to PC-RecipeBox.

In addition to changing the name, new features continue to be added with each release (most of them coming from registered users suggestions).   If you have any suggestions for enhancements you would like to see in future releases please send me a note (US Mail or E-mail).

Because of the continuing enhancements, check the PC-RecipeBox Web page from time to time to make sure you're using the latest version. **Remember that upgrades are always free to registered users!**

> **http://ourworld.compuserve.com/homepages/jonmc**
> **OR**
> **http://members.aol.com/jonmc**
>
> SIVART Software
> attn: Jon T. McEwen
> 3035 N.E. 94th
> Seattle, WA 98115-0619

PC-RecipeBox Fields

Preparation Text Editor:

You can enter up to 4k (4,090 bytes or about 35 completely filled lines) of data in the preparations area.   The editor will automatically word wrap the lines as you type them and break the lines at the appropriate location. If you want to force an end of line, or insert a blank line (hard breaks) to customize the appearance of the text (hard breaks will be maintained in reports, soft breaks won't) just press the Enter key as many times as needed. To reformat all of the preparations text, select "Reformat" under the "File" menu choice.
To spell check only the preparations text, click on the button labled "Preparation" just above the text box.

PC-RecipeBox Registration

If you continue to use this program after the thirty day evaluation period, you are using it illegally.   The shareware concept will only work with the support of honest users that register their copies.   If you have already registered, you have my thanks and the thanks of other shareware authors for supporting the "try before you buy" shareware method of bringing you quality low cost software.

If you haven't registered and the above message has you feeling sufficiently guilty, now's the time to redeem yourself and become an honest person once again!   Send in your $19.95 today and sleep better tonight!   In addition to a clear conscience you will receive a registration letter with *your* registration/serial number and instructions on how to modify your copy of PC-RecipeBox to make it a "registered" version.   You will also receive a disk with RBOX2000, a PC-RecipeBox cookbook with over two thousand recipes!   Select "Registration/Purchase" under the main Help menu in the browser and then "Fill out the registration form".   Fill it out and (if paying by cash) send it to:

> Jon T. McEwen
> 3035 N.E. 94th
> Seattle, WA. 98115-0619

If you want to use your Mastercard, VISA, American Express or Discover card, click on the "Credit Card" radio button on the on-line registration form and enter your credit card information.   Print out the form and US Mail or Fax it to the Public (software) Library (PsL) at the address or phone number on the form.

If you want to use your credit card to register on-line, click on the "Credit Card Registration" button on one of the PC-RecipeBox homepages at either http://members.aol.com/jonmc OR http://ourworld.compuserve.com/homepages/jonmc.

You can also e-mail your order to 30036@pslweb.com.   Make sure you include your credit card type, account number, expiration date, the name on the card and your phone number (in case they need to get hold of you).

PsL will process the charge and forward (via e-mail) your order to me within one business day.   When I receive the order I process it and send it out (usually the same day).

Credit card orders carry an additional fee (for the procesing service charge) that I pass along only to those who choose to pay via credit card.   The advantage of using your card however is that you will receive your order much faster.

If you have any questions about ordering or the status of your order, please contact me at jonmc@aol.com OR jonmc@compuserve.com.   PsL is only a credit card processing service and they won't know anything about the status of your order.

NOTE: If you are a CompuServe subscriber, you may register PC-RecipeBox online for $23.50 (the price is higher because CompuServe wants a piece) by GOing to SWREG and using registration number 11888.   They will e-mail me your order (within one business day) and I'll mail it out (usually the same day).

PC-RecipeBox Keystrokes

Browser Key Definition:

Up Arrow	Move up one recipe
Down Arrow	Move down one recipe
PgUp	Move up one page
PgDn	Move down one page
Ctrl+Home	Move to first recipe in the cookbook
Ctrl+End	Move to last recipe in the cookbook
Home	Move to the start of the current row
End	Move to the end of the current row
Enter	Edit or View the current recipe
Ins	Insert a new recipe
Del	Delete the current recipe
F1	Context sensitive help system
Ctrl+C	Clear all marks
Ctrl+D	Change the defaults/options
Ctrl+E	Export recipes from the cookbook
Ctrl+F	Find a recipe
Ctrl+I	Import recipes into the cookbook
Ctrl+K	Search multiple cookbooks
Ctrl+M	Mark/Unmark recipes
Ctrl+O	Open an existing cookbook
Ctrl+P	Print recipe(s)
Ctrl+R	Rebuild the cookbook
Ctrl+S	Change the sort order
Ctrl+T	Specify a filter for the recipes
Ctrl+U	Run PKUNZIP.EXE (must be in your path)
Ctrl+W	Create a new cookbook
Ctrl+Z	Run PKZIP.EXE (must be in your path)
F3	Find the next occurrence

Editor Key Definition:

Up Arrow	Move up one line in the editor
Down Arrow	Move down one line in the editor
Enter	Move to the next field
Tab	Move to the next field
Shift+Tab	Move to the previous field
PgUp	Page up in the ingredients/preparations
PgDn	Page down in the ingredients/preparations
Alt+N	Nutritional Analysis
Ctrl+Home	Move to first line in the ingredients/preparations
Ctrl+End	Move to last line in the ingredients/preparations
Ctrl+N	Insert a new ingredient line
Ctrl+Y	Delete the current ingredient line
Ctrl+X	Cut selected text to the clipboard
Ctrl+C	Copy selected text to the clipboard
Ctrl+V	Paste from the clipboard
F1	Context sensitive help system
F2	Initiate ingredient field editor

PC-RecipeBox Conclusion

BACKUPS
PC-RecipeBox uses a very reliable database engine and has been tested on a variety of machines under a variety of circumstances but the unforeseen can happen at anytime.   Therefore I recommend that you make it a practice to back up your cookbooks at regular intervals.   I use PKZIP to compress all of my cookbooks onto floppies that I regularly update.   Even though the data design for PC-RecipeBox is very efficient for a database, PKZIP can compress a typical cookbook by as much as 87%!   You can now (starting with 2.5) have PC-RecipeBox automatically <u>ZIP</u> your browser cookbook every time you exit!

SIVART Software is a very small company (me & the family).   If you have any questions, suggestions or problems with PC-RecipeBox or any other SIVART product, please e-mail me at jonmc@compuserve.com OR jonmc@aol.com or U.S. mail me at the address below.   I will respond to all registered users as soon as possible.   I will respond to unregistered users as time permits.Thanks for checking out PC-RecipeBox, it's been a lot of work (but fun) to get it to this point.   With the continued support of honest shareware users it will continue to develop and grow.

SIVART Software
Jon T. McEwen
3035 N.E. 94th
Seattle, WA. 98115-0619

Distributing PC-RecipeBox

Please make copies of the PCREC16.EXE/PCREC32.EXE file and pass it around. Please **DO NOT** make copies of your registration letter or give anyone *your* registration/serial number.

Owners of Bulletin Board Systems or other electronic distribution methods may offer PCREC16.EXE and/or PCREC32.EXE to their customers only if it is offered at no charge (other than download time).

If you have any questions about distributing PC-RecipeBox, please contact the undersigned *before* distribution.

Jon T. McEwen
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PC-RecipeBox Index

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