

From Scratch

The Recipe Processor for Windows

Version 1.11

Copyright 1992, Desktop Solutions

Table of Contents:

An overview of 'From Scratch'

- System requirements
- What is shareware?
- What does registering do for me ?

Installing 'From Scratch'

Using 'From Scratch'

- Basic navigation with the mouse and keyboard
- Using the menus
- Adding new recipes
- Adding ingredients to the recipe
- Adding the instructions
- Changing existing recipes
- Printing recipes
- Converting the yield of a recipe
- Finding a recipe when you know its name
- Searching for a recipe by ingredient, part of name, or keywords

The Shopping list manager

- Managing the items on your shopping list
- Printing your list

Registering information

- What ? Only \$34.95 ?
- How about updates to 'From Scratch' ?
- Can I convert recipes from other programs?
- What about technical support?
- Why should I pay for this if I already have it for free?

Technical information

- Language and tools used to create 'From Scratch'
- File compatibility

An overview of From Scratch

Here are some of the features From Scratch offers:

- * Unlimited number of recipes (limited only by disk space)
- * Unlimited number of ingredients per recipe (also limited only by disk space)
- * Includes fields to track where recipe originated, time to prepare, and in-depth nutrition information.
- * Search for a recipe containing any part of ingredient, keyword, title, Origin, Time to prepare, or nutrition information.
- * Shopping list manager that sorts by category, so the list will be in a logical order when you shop
- * A starter shopping list is included, to ease data entry.
- * Ingredient entries include a special field for preparation.
- * Up to 10,000 characters per entry can be included for instructions.
- * Yield conversion uses the computer to multiply the amounts of ingredients, even for fractions!
- * Print recipes and shopping lists on over 700 different Windows compatible printers
- * Printouts include the date printed, page number, and can span unlimited pages.
- * Easy to use design simulates a stack of recipe cards
- * Speedbar allows common procedures to be performed in a single mouse click
- * dBase compatible file format allows you unlimited access to your information
- * State of the art Windows design includes bit mapped buttons and textured windows
- * Ability to copy a recipe to the Windows clipboard

Plus, when you register 'From Scratch', you'll receive a database of over 90 recipes, and a program that converts recipes from other programs.

Hardware requirements

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

The shareware concept

'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 keep it. Once you've decided to use 'From Scratch', and you are no longer simply 'trying it on for size', you are required to purchase it by registering it. To register, choose Print/Order form from the main menu of 'From Scratch' and fill out the form that will appear on your printer, or call 800 242-4PSL. Once you enter your own recipes into 'From Scratch', and appreciate its features, you'll surely want to register it for \$34.95.

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

- * A disk containing the newest version of 'From Scratch'
- * A printed version of this manual
- * Over 90 great recipes in 'From Scratch' format
- * A program to convert recipes from other programs to 'From Scratch' format, as well as allow you to share recipes with other From Scratch users.
- * Technical support
- * A unique serial number that can be used to make any future shareware version of 'From Scratch' into a registered version.

The shareware (unregistered) version is fully functional. However, you should know these about the unregistered version:

- * There is a 'shareware reminder' box at the beginning of the program
- * You may not receive technical support
- * The license for the shareware version is limited to a thirty day trial period

Installing 'From Scratch'

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

Insert a disk containing the 'From Scratch' files in drive A:

Choose File/Run

Type *A:Setup*

Follow the directions on your screen.

If you are installing 'From Scratch' from any place other than drive A:, simply specify that instead.

Examples: *B:Setup*, *C:\Arcs\Test\Setup*.

Follow the instructions on the screen.

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

Using 'From Scratch'

Basic navigation with the mouse and keyboard

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

- * you may click on its title with the mouse
- * you may make it the highlighted recipe, using the next/previous, or search features, and then:
- * Use File/Modify, or select the MODIFY icon from the speedbar.

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

- Top of File (double bar and arrow pointing up)
- Next recipe (one arrow pointing up)
- Prior recipe (one arrow pointing down)
- Bottom of file (double bar and arrow pointing down)
- New recipe (a recipe card with a plus in it)
- Delete current recipe (a recipe card with a cross through it)
- Locate recipe (a magnifying glass)
- Locate recipe by name only (a magnifying glass with something in it)
- Print current recipe (a printer with paper coming out of it)

Note that the current recipe is always the bottom-most recipe displayed in the screen, and its title is displayed in red. The Next, Previous, Top, and Bottom functions can be used 'move' the card stack, and therefore adjust which recipe is considered the 'current' one.

Using the Menus

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

* **File**

- New
 - Adds a new recipe to 'From Scratch'. (duplication of plus icon on speedbar)
- Modify
 - Change current (bottom-most, red title) recipe. (Also click on any recipe title to modify)
- Delete
 - Delete current recipe. (duplication of cross icon on speedbar)
- Quick find
 - Locate a recipe, quickly, when you know the letters that its title begins with
- Complete search
 - Locate a recipe, less quickly, but allows a more comprehensive search
- Print Setup
 - Sets the Printer and printer options
- Exit
 - Complete your 'From Scratch' session.

* **Record**

- Next
 - Make the next alphabetical recipe current. (duplication of arrow on speedbar)
- Previous
 - Make the prior recipe current. (duplication of arrow in speedbar)
- Top
 - Make the first recipe current (duplication of arrow in speedbar)
- Bottom
 - Make the last recipe current (duplication of arrow in speedbar)
- Copy
 - Copies the current recipe to the Windows Clipboard

* **List**

- Shopping list
 - Maintain your shopping list
- Categories
 - Maintain the list of categories that help you organize your shopping list.
- Fix Files
 - Rebuilds indexes and packs databases

* **Print**

- Recipe
 - Prints the current recipe to the default Windows printer.
 - This can also be done by clicking on a recipe, and then the print button.
- Shopping List
 - Prints the shopping list, by category.
- Order form
 - Prints the order form to register 'From Scratch'.

* **Help**

- Search
 - Searches the on-line help system
- About 'From Scratch'
 - indicates the running version, and registration status of 'From Scratch'.
 - Note: On the screen, the menus indicate keyboard shortcuts. You may press the F7 or Up key, for instance, instead of Record/Next.

Adding new recipes

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

- * Recipe Name (a required field)
- * Servings (a required field)
- * Keywords
- * Origin
- * Time to prepare
- * Ingredient list with Add/Edit/and delete buttons
- * Directions box
- * An Okay, Cancel, Print, and Nutrition Button

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

Using ALT key combinations for buttons:

Notice that the Add, Delete, and Edit buttons have certain letters underlined. This means that you can use the keyboard short cut ALT plus the highlighted letter to choose that button. For instance, if you want to add an ingredient to the recipe, you can do it one of three ways:

- * Click on the ADD button with the mouse
- * Use the TAB/BACKTAB combination until the ADD button is highlighted, and press ENTER
- * Hold down ALT and press the A key, since A is underlined on the ADD button

Now that you have the empty recipe screen on the screen, type the name of the recipe (required) and press TAB. Next, enter the number of servings (or yield) of the recipe. Note that this field is required, because of the conversion features of the program (see below). Now press TAB to advance to the Keywords field. Enter any words that you will help you find this recipe, or place it into a group that you'd like to browse. Examples might be BREADS, DIET, DESSERTS, or VEGETARIAN. Next, select the ADD button. You should see the add ingredient window. It contains the following fields:

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

Adding ingredients to the recipe

In the Amount field, enter the amount of the ingredient. Fractions are okay, (up to and including eighths). Type them in the following format: 1 1/4, 1 1/2, 1/2, etc.. Be sure you always leave a space between the whole number and the fraction. Press TAB to advance to the Measurement field. Enter the ingredient and preparation information the same way.

If you press OK, the ingredient, measure, amount, and preparation will be added to the new recipe.

At this point, you would repeat the add ingredient steps for as many ingredients as you have in the recipe. Next, you would be ready to type in the instructions.

Adding 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.

You may also press the 'Nutrition Button'. This will bring up a smaller window with the following information:

- Calories
- Protein
- Fat
- Carb
- Fiber
- Cholesterol
- Iron
- Sodium
- Calcium

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

When you are pleased with the information you've entered for a recipe, press OK at the Recipe screen. You should see the new recipe added to the 'stack' of recipe cards.

Changing existing recipes

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

- * Make the recipe current, using Next, Previous and or the Search functions, then use File/Modify, or press Cntrl-Enter.
- * Click on the recipe title with the mouse

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

- * You can change an ingredient in a recipe by double clicking it with the mouse, or by using TAB and selecting it with the spacebar, then selecting the EDIT button.
- * You delete an ingredient from a recipe by selecting it and selecting the DELETE button.
- * Each recipe name in the system must be distinct. As a result, if you try to change a recipe, and change its name to an already existing recipe, you will receive an error message.
- * You delete an entire recipe by making it current and then choosing the File/Delete menu option or the icon with an x through it. Note whenever you are deleting anything in 'From Scratch', you will be asked to confirm the deletion. In addition, in order to confirm, you have to explicitly select the YES button. Simply pressing ENTER has the effect of pressing the NO button. This will avoid accidental deletion due to a fast typist 'flooding' the system with keystrokes.

Printing recipes

Printing a recipe is accomplished by making it current and choosing Print/Recipe from the menu or selecting the printer icon. Printing is always sent to the printer Windows considers to be the default printer. You can adjust this by running the control panel that comes with Windows. 'From Scratch' will also use the other options you set there - page orientation, paper size, font quality, etc.

Converting the yield of a recipe

As you print, you can convert the yield of the recipe. A window will appear asking you to enter a new yield. You may press enter to leave the yield as is. If you change the yield, 'From Scratch' will perform the required multiplication or division for that printout only - your original recipe remains in the system at the original yield.

Finding a recipe when you know its name

If you want to locate a single recipe, the fastest way to do so is to use the File/Quick Search menu option, or the magnifying glass icon with a dot inside it. You don't have to type the entire name - just the first few letters. If there are more than one recipe that match those first few letters, you can use the Next menu option or icon to make the desired recipe the current one.

Searching for a recipe by ingredient, part of name, or keywords

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

Recipe name containing
Ingredient containing
Keywords containing
Origin 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. The stack of recipe cards will reflect the isolated list. Note that these are all partial terms. Anything containing CHOCOLATE and CHOCOLATE CHIPS will match the search term CHOCOLATE.

Note that 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.

In order to reset 'From Scratch' to view all the recipes again, use the check box marked 'Reset to include all recipes'.

Note: The feature that searches through all ingredients is much slower than the other searches, since the system must look through many ingredients for each recipe. Be patient, and Reset the search as soon as you've located the recipe you need. This will restore the system to normal speed.

The Shopping list manager

Managing the items on your shopping list

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

Producing the list is easy. Choose the List/Shopping list menu item, and a window will appear containing buttons to Add, Edit, and Delete your shopping list items. You may also search by typing into the square area and pressing TAB. You may change the categories in the shopping list by choosing List/Categories, and a similar Add/Edit/Delete window will appear

Printing your list

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

Registering information

What ? Only \$34.95 ?

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

How about updates to 'From Scratch' ?

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

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

Can I convert recipes from other programs?

When you register 'From Scratch', you'll receive a program to convert data from Meal Master, a popular and long-standing DOS shareware program. Other conversion programs are in the works. You can help this effort, by sending us the filled-in data files of the program you'd like to see us convert. If you do so, and you're a registered user, we'll send you the updated conversion program free once it is complete.

What about technical support?

Technical support is available a number of ways:

By mail (preferred method):

Desktop Solutions
34 Inwood Rd
Port Washington NY 11050

By CompuServe: send EMAIL to id 74676,3314

By Prodigy: send mail to id KTDR60A

Telephone support is not guaranteed. However, our phone number at Desktop Solutions is (516) 944-3254. If you would prefer to try calling before using one of the methods above, please do so.

Do not call the 800 number for technical support. The staff at these lines is trained to take orders only, and can not help with technical questions. Nor can they transfer you to the 516 number.

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 for more than 30 days. You are not entitled to use it beyond a 30 day trial unless you register it for 34.95. You don't actually own the program now - you have granted the license to test a trial version, without support, access to upgrades, and helpful accessory programs. We can NOT offer technical support of any kind without proof of registration.

Technical information

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 Codebase 4.5 for dBase file access.

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

File compatibility

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

There are currently four databases used by 'From Scratch':

Recipe

There is one entry for every recipe in the database. Recipes are also assigned a unique number, stored in the field TITLE_NO.

Recingre

This database stores the ingredients for every recipe. The TITLE_NO field from Recipe.dbf is used to align the ingredients to the recipe.

Item

These are the items for the shopping list.

Category

These are the categories for the shopping list.