

A35,C,30
W_MDI
IDM_MAIN_MENU
IDM_CB
IDM_CB_BR
IDM_CB_CLOSE
IDM_CB_VIEW
IDM_CB_NEW
IDM_CB_EDIT
IDM_CB_DEL
IDM_CB_IMPORT
IDM_CB_PRINT
IDM_CB_EXIT
IDM_RC
IDM_RC_FIND
IDM_RC_VIEW
IDM_RC_NEW
IDM_RC_EDIT
IDM_RC_COPY
IDM_IN
IDM_IN_FIND
IDM_IN_NEW
IDM_IN_EDIT
IDM_MN
IDM_MN_FIND
IDM_MN_VIEW
IDM_MN_NEW
IDM_MN_EDIT
IDM_MN_ADD
IDM_SH
IDM_SH_FIND
IDM_SH_VIEW
IDM_SH_NEW
IDM_SH_EDIT
IDM_SH_ADD
IDM_OPS
IDM_OPS_SCALE
IDM_OPS_CLEAR_ALL
IDM_OPS_PREF
IDM_OPS_UTL
IDM_WIN
IDM_CASCADE
IDM_WIN_TILE
IDM_HELP
IDM_HELP_HELP
IDM_HELP_ABOUT
IDT_TOOL_BAR
IDB_TOOL_PREV
IDB_TOOL_NEXT

IDB_TOOL_MENU
IDB_TOOL_SHOP
IDB_TOOL_PRINT_DEFAULT
IDB_TOOL_SCALE
W_BOOKRACK
IDL_BR_COOKBOOKS
IDS_BR_RECIPE_SEARCH
IDL_BR_RECIPES
IDB_BR_VIEW_RECIPE
IDB_BR_NEW_RECIPE
IDB_BR_EDIT_RECIPE
IDB_BR_DELETE_RECIPE
IDC_BR_SELECTED_COOKBOOKS
IDT_BR_COOKBOOK_DESCRIPTION
IDB_BR_CLOSE
IDC_BR_SELECTED_RECIPES
W_CB_EDIT
IDS_CB_EDIT_NAME
IDS_CB_EDIT_DATE
IDB_CB_EDIT_SOURCE
IDL_CB_EDIT_DESCRIPTION
IDB_CB_EDIT_OK
IDB_CB_EDIT_CANCEL
W_CB_VIEW
IDS_CB_VIEW_RECIPE_SEARCH
IDL_CB_VIEW_RECIPE
IDC_CB_VIEW_RECIPE_ONLY
IDB_CB_VIEW_VIEW
IDB_CB_VIEW_NEW
IDB_CB_VIEW_EDIT
IDB_CB_VIEW_DELETE
IDB_CB_VIEW_CLOSE
IDT_CB_VIEW_DESCRIPTION
W_CB_SOURCE
IDS_CB_SOURCE_SOURCE
IDS_CB_SOURCE_AUTHOR
IDT_CB_SOURCE_ADDRESS
IDS_CB_SOURCE_CITY
IDS_CB_SOURCE_STATE
IDS_CB_SOURCE_ZIP
IDS_CB_SOURCE_PHONE
IDS_CB_SOURCE_FAX
IDS_CB_SOURCE_COUNTRY
IDT_CB_SOURCE_OTHER
IDB_CB_SOURCE_OK
IDB_CB_SOURCE_CANCEL
W_CB_SELECT
IDL_CB_SELECT_COOKBOOKS
IDB_CB_SELECT_OK

IDB_CB_SELECT_CANCEL
W_FD
IDD_FD_SEARCH
IDB_FD_SEARCH_CATS
IDB_FD_SEARCH_INGS
IDS_FD_SEARCH_STRING
IDL_FD_SEARCH_LIST
IDL_FD_RECIPES
IDB_FD_VIEW_RECIPE
IDB_FD_NEW_RECIPE
IDB_FD_EDIT_RECIPE
IDB_FD_DELETE_RECIPE
IDC_FD_SELECTED_ONLY
IDC_FD_SELECT_ALL
IDB_FD_CLOSE
IDC_FD_OR_AND
IDT_FD_TEXT
W_CAT
IDL_CAT_LIST
IDB_RC_CAT_OK
IDB_RC_CAT_CANCEL
IDP_CAT_PROMPT
IDS_CAT_SEARCH
IDC_CAT_SELECTED
W_IN_SEARCH
IDS_IN_SEARCH_STRING
IDL_IN_SEARCH_LIST
IDB_IN_SEARCH_CANCEL
IDB_IN_SEARCH_OK
W_IN_EDIT
IDS_IN_EDIT_NAME
IDD_IN_EDIT_GROUPING
IDD_IN_EDIT_TYPE
IDC_IN_EDIT_SEASONING
IDC_IN_EDIT_PERISHABLE
IDB_IN_EDIT_OK
IDB_IN_EDIT_CANCEL
IDB_IN_EDIT_NUTRITION
IDS_IN_BRAND
W_IN_NUTR_COPY
IDS_IN_NUTR_COPY_SEARCH
IDL_IN_NUTR_COPY_LIST
IDB_IN_NUTR_COPY_OK
IDB_IN_NUTR_COPY_CANCEL
W_IN_FIND
IDL_IN_FIND_GROUP
IDS_IN_FIND_SEARCH
IDL_IN_FIND_INGREDIENT
IDB_IN_FIND_NEW

IDB_IN_FIND_EDIT
IDB_IN_FIND_DELETE
IDB_IN_FIND_CLOSE
W_NT
IDN_NT_PROTEIN
IDN_NT_CARBO
IDN_NT_TOTAL_FAT
IDN_NT_SATURATED_FAT
IDN_NT_CHOLESTEROL
IDN_NT_SODIUM
IDN_NT_IRON
IDN_NT_VITAMIN_C
IDN_NT_VITAMIN_A
IDN_NT_FIBER
IDN_NT_PERCENT_PROTEIN
IDN_NT_PERCENT_CARB
IDN_NT_PERCENT_FAT
IDP_NT_DISPLAY_PRO
IDP_NT_DISPLAY_CARBO
IDP_NT_DISPLAY_FAT
IDP_NT_DISPLAY_IRON
IDP_NT_DISPLAY_VITC
IDP_NT_DISPLAY_VITA
IDD_NT_WEIGHT
IDB_NT_WEIGHT_GR
IDB_NT_WEIGHT_OZ
IDB_NT_DISPLAY_RDI
IDB_NT_COPY
IDB_NT_OK
IDB_NT_CANCEL
W_MN_OPS
IDS_MN_OPS_NAME
IDT_MN_OPS_TEXT
IDB_MN_OPS_SERVE
IDB_MN_OPS_CATS
IDB_MN_OPS_NUTS
IDB_MN_OPS_OK
IDB_MN_OPS_CANCEL
W_MN_FIND
IDS_MN_FIND_CATEGORY_SEARCH
IDL_MN_FIND_CATEGORIES_FOUND
IDS_MN_FIND_MENU_SEARCH
IDL_MN_FIND_MENUS_FOUND
IDB_MN_FIND_VIEW
IDB_MN_FIND_NEW
IDB_MN_FIND_EDIT
IDB_MN_FIND_DELETE
IDB_MN_FIND_CLOSE
IDC_MN_FIND_SELECTED_CATS_ONLY

IDC_MN_FIND_SELECTED_ONLY
W_MN_EXTRAS
IDD_MN_EXTRAS_SELECTION
IDB_MN_EXTRAS_BLANK_LINE
IDB_MN_EXTRAS_APPETIZER
IDB_MN_EXTRAS_SOUP
IDB_MN_EXTRAS_ENTREE
IDB_MN_EXTRAS_DESSERT
IDB_MN_EXTRAS_OK
IDB_MN_EXTRAS_CANCEL
W_MN
IDB_MN_EXTRAS
IDB_MN_DELETE
IDB_MN_OPTIONS
IDB_MN_SAVE
IDB_MN_CLOSE
IDB_MN_CLEAR
IDL_MN_MENU
IDL_MN_RECIPE
IDC_MN_TYPE
IDB_MN_SELECTED_RECIPES
IDB_MN_OTHER_MENUS
IDB_MN_ADD_TO_MENU
IDC_MN_SELECT_ALL
IDC_MN_SELECTED_ONLY
IDC_MN_CLEAR_AFTER_ADD
W_MN_SERVINGS
IDN_MN_SERVINGS_NEW
IDB_MN_SERVINGS_OK
IDB_MN_SERVINGS_CANCEL
IDC_MN_SERVINGS_ORIG
IDN_MN_SERVINGS_ORIG_SERVES
W_RC_COST
IDN_RC_COST_COST
IDB_RC_COST_OK
IDB_RC_COST_CANCEL
IDS_RD_COST_UNIT
W_RC_COPY
IDS_RC_COPY_RECIPE
IDS_RC_COPY_COOKBOOK
IDD_RC_COPY_DESTINATION
IDB_RC_COPY_OK
IDB_RC_COPY_CANCEL
IDC_RC_COPY_DELETE
W_RC_TIME
IDN_RC_TIME_PREP_HRS
IDN_RC_TIME_PREP_MIN
IDN_RC_TIME_COOK_HRS
IDN_RC_TIME_COOK_MIN

IDN_RC_TIME_STND_HRS
IDN_RC_TIME_STND_MIN
IDS_RC_TIME_TOTAL
IDB_RC_TIME_OK
IDB_RC_TIME_CANCEL
W_RC_SOURCE
IDS_RC_SOURCE_SOURCE
IDS_RC_SOURCE_DATE
IDS_RC_SOURCE_PAGE
IDS_RC_SOURCE_ORIGINAL
IDB_RC_SOURCE_OK
IDB_RC_SOURCE_CANCEL
W_RC_SEARCH
IDL_RC_SEARCH_LIST
IDB_RC_SEARCH_OK
IDB_RC_SEARCH_CANCEL
IDB_RC_SEARCH_CLEAR
W_RC_EDIT
IDS_RC_EDIT_NAME
IDS_RC_EDIT_TITLE
IDS_RC_EDIT_SUBTITLE
IDT_RC_EDIT_INTRO
IDN_RC_EDIT_SERVINGS
IDN_RC_EDIT_MAKES
IDS_RC_EDIT_YIELD_UNIT
IDL_RC_EDIT_INGREDIENTS
IDT_RC_EDIT_DIRECTIONS
IDD_RC_EDIT_EFFORT
IDB_RC_EDIT_EASY
IDB_RC_EDIT_MODERATE
IDB_RC_EDIT_HARD
IDB_RC_EDIT_TIME
IDB_RC_EDIT_SOURCE
IDB_RC_EDIT_CATEGORY
IDB_RC_EDIT_NUTRITION
IDB_RC_EDIT_COST
IDB_RC_EDIT_OK
IDB_RC_EDIT_CANCEL
IDB_RC_EDIT_NEW
IDB_RC_EDIT_EDIT
IDB_RC_EDIT_DELETE
W_RC_VIEW
IDT_RC_VIEW_TEXT
W_QT_EDIT
IDS_QT_EDIT_QUANTITY
IDD_QT_EDIT_UNITS
IDS_QT_EDIT_PREP
IDB_QT_EDIT_OK
IDB_QT_EDIT_CANCEL

IDC_QT_EDIT_OPTIONAL
IDC_QT_EDIT_PREP_BEFORE_ING
W_QT
IDS_QT_QUANTITY
IDD_QT_UNITS
IDP_QT_SEARCH_FOR
IDS_QT_SEARCH
IDL_QT_INGREDIENTS
IDS_QT_PREP
IDB_QT_ADD
IDD_QT_SELECT
IDB_QT_SELECT_ING
IDB_QT_SELECT_RECIFE
IDB_QT_NEW
IDB_QT_EDIT
IDB_QT_DELETE
IDB_QT_CLOSE
IDC_QT_PREP_BEFORE_ING
IDC_QT_OPTIONAL
W_PRN
IDL_PRN_PRINTERS
IDD_PRN_PORT
IDB_PRN_OK
IDB_PRN_CANCEL
W_PR
IDS_PR_NAME
IDD_PR_TEMPLATES
IDN_PR_COPIES
IDB_PR_OK
IDB_PR_CANCEL
IDB_PR_OPTIONS
IDB_PR_SETUP
IDC_PR_FILE
W_RPT_PAGE
IDD_RPT_PAGE_SIZE
IDN_RPT_PAGE_TOP
IDN_RPT_PAGE_BOTTOM
IDN_RPT_PAGE_LEFT
IDN_RPT_PAGE_RIGHT
IDB_RPT_PAGE_OK
IDB_RPT_PAGE_CANCAL
W_RPT_OPTIONS
IDC_RPT_RC
IDC_RPT_MN
IDC_RPT_NT
IDC_RPT_SH
IDC_RPT_ONE
IDB_RPT_OK
IDB_RPT_CANCEL

W_SH
IDL_SH_ITEMS
IDB_SH_NEW
IDB_SH_DELETE
IDB_SH_SAVE
IDB_SH_CLOSE
IDB_SH_CLEAR
IDB_SH_REMOVE
IDL_SH_RECIPES
IDD_SH_TYPE
IDB_SH_MENUS
IDB_SH_MERGE
IDB_SH_ADD_RECIPES
IDC_SH_SELECTED_ONLY
IDC_SH_SELECT_ALL
IDC_SH_CLEAR_AFTER_ADD
W_SH_ITEM
IDS_SH_ITEM_ITEM
IDB_SH_ITEM_OK
IDB_SH_ITEM_CANCEL
W_SH_FIND
IDS_SH_FIND_STRING
IDL_SH_FIND_LIST
IDB_SH_FIND_CLOSE
IDB_SH_FIND_VIEW
IDB_SH_FIND_NEW
IDB_SH_FIND_EDIT
W_SH_EDIT
IDS_SH_EDIT_NAME
IDB_SH_EDIT_OK
IDB_SH_EDIT_CANCEL
W_SEARCH
IDS_SEARCH_STRING
IDL_SEARCH_LIST
IDB_SEARCH_CANCEL
IDB_SEARCH_OK
W_SAVE
IDS_SAVE_NAME
IDL_SAVE_LIST
IDB_SAVE_OK
IDB_SAVE_CANCEL
IDS_FD_RECIPES_NAME_SEARCH
IDP_FD_FOUND
IDC_FD_CATEGORY
IDC_FD_INGREDIENT
IDM_RC_DELETE
IDM_IN_DELETE
IDM_MN_DELETE
IDM_SH_DELETE

IDM_OPS_REINDEX
IDM_OPS_REMOVE
IDM_WIN_ARRANGE
IDB_TOOL_CLEAR
IDC_IN_FIND_SELECTED_ONLY
IDR_MN_OPS_ORIGINAL_SERVES
IDR_MN_OPS_SCALE_TO_SERVE
IDC_MN_FIND_OR_AND
IDT_MN_FIND_TEXT
IDB_MN_FIND
IDB_MN_VIEW
IDB_MN_SCALE
IDN_NT_WEIGHT_AMOUNT
IDN_NT_ALCOHOL
IDL_QT_EDIT_INGREDIENTS
IDS_QT_EDIT_SEARCH
IDP_QT_EDIT_SEARCH_FOR
IDD_QT_EDIT_SELECT
IDB_QT_EDIT_SELECT_INGS
IDB_QT_EDIT_SELECT_RECS
IDB_QT_EDIT_NEW
IDB_QT_EDIT_EDIT
IDC_RPT_OPTIONS_SHOP_RECIPES
IDB_SH_RECIPES
IDB_SH_SCALE
IDB_NT_VIEW_CLOSE
IDT_NT_VIEW_TEXT
IDR_PREF_US
IDR_PREF_IMPERIAL
IDR_PREF_METRIC
IDC_PREF_ALL
IDR_PREF_FRACTIONS
IDR_PREF_DECIMAL
IDB_PREF_OK
IDB_PREF_CANCEL
IDS_REGISTER_NAME
IDS_REGISTER_COMPANY
IDS_REGISTER_ADDR1
IDS_REGISTER_ADDR2
IDS_REGISTER_CITY
IDS_REGISTER_STATE
IDS_REGISTER_ZIPCODE
IDS_REGISTER_COUNTRY
IDS_REGISTER_PHONE
IDS_REGISTER_FAX
IDS_REGISTER_NUMBER
IDB_REGISTER_OK
IDB_REGISTER_CANCEL
IDS_REGISTER_SERIAL_NO

IDN_REGISTER_NOTICE_COUNT
IDB_REGISTER_NOTICE_NOW
IDB_REGISTER_NOTICE_CONTINUE
IDB_SH_SCALE_OK
IDB_SH_SCALE_CANCEL
IDR_SH_SCALE_NOT
IDR_SH_SCALE
IDL_SH_SCALE_RECIPES
IDT_MN_VIEW_TEXT
IDT_SH_VIEW_TEXT
IDT_HELP_TEXT
IDN_SCALE_SERVES
IDC_SCALE_NEW_SERVES
IDB_SCALE_US
IDB_SCALE_IMPERIAL
IDB_SCALE_METRIC
IDB_SCALE_ALL
IDB_SCALE_FRACTIONS
IDB_SCALE_DECIMAL
IDB_SCALE_OK
IDB_SCALE_CANCEL
IDS_STATUS
IDB_OK
IDB_SH_FIND
IDB_SH_VIEW
IDS_IN_FIND_GROUP_SEARCH
IDB_TOOL_VIEW
IDB_TOOL_NUTRITION
IDS_RC_SEARCH_STRING
IDN_RC_SEARCH_COUNT
IDS_RC_COPY_SEARCH
IDL_RC_COPY_RECIPES
IDC_RC_COPY_SELECTED_ONLY
IDB_RC_COPY_COPY
IDL_RC_COPY_COOKBOOKS
IDB_RC_COPY_CLOSE
IDN_RC_COPY_COUNT
IDS_IMPORT_PATH_PATH
IDB_IMPORT_PATH_OK
ICB_IMPORT_PATH_CANCEL
IDL_IMPORT_CB3_COOKBOOKS
IDL_IMPORT_CB4_CB
IDB_IMPORT_COPY
IDB_IMPORT_CLOSE
IDB_MN_CLEAR
IDB_FD_CLEAR
IDB_IN_FIND_CLEAR
IDB_SH_CLEAR
IDB_MN_FIND_CLEAR

IDB_CB_VIEW
IDB_FD_VIEW
IDL_CB_PICK_COOKBOOKS
IDN_QT_COUNT
IDN_IN_FIND_COUNT
IDS_RC_TIME_TOTAL
IDD_FD_SEARCH_TYPES
IDB_CB_PICK_OK
IDB_CB_PICK_CANCEL
IDS_RC_COST_UNIT
IDN_QT_EDIT_COUNT

IDN_FD_ITEMS_COUNT
IDB_FD_VIEW
IDC_FD_RECIPE_SELECT_ONLY
IDL_FD_SEARCH_LIST
IDB_FD_SELECT_ALL
IDN_BR_COUNT
IDB_NT_ADVANCED
IDN_NT_VIT_A
IDN_NT_CALORIES
IDN_NT_ADV_FRACTIONAL
IDN_NT_ADV_LIQUID
IDN_NT_ADV_DRY
IDB_NT_ADV_OK
IDB_NT_ADV_CANCEL

IDB_MN_FIND_CLEAR
IDD_MN_FIND_TYPES
IDN_MN_FIND_COUNT
IDC_MN_TYPE
IDR_PREF_AS_IS
IDD_PREF_MEASUREMENT
IDB_IMPORT_PATH_CANCEL
IDS_ABOUT_STRING
IDB_ABOUT_OK
IDB_BR_VIEW
IDT_CB_EDIT_DESCRIPTION
IDD_RC_CAT_SEARCH_TYPES
IDB_RC_CAT_OK
IDB_RC_CAT_CANCEL
IDS_CB_RECIPE_SEARCH
IDN_CB_COUNT
IDL_CB_RECIPE
IDC_CB_RECIPE_ONLY
IDT_CB_DESCRIPTION
IDB_CB_VIEW
IDB_CB_EDIT
IDB_CB_DELETE

IDB_CB_CLOSE
IDB_CB_NEW
IDB_CB_PICK_TOC
IDD_IN_EDIT_PARENT_ING
IDB_TOOL_CHECK

A96,C,70
Micro Cookbook Countertop
Countertop choices
Locates cookbooks, import and printing features
Opens BookRack
Close BookRack
View a cookbook
Create a new cookbook
Edit a cookbook
Delete a cookbook
Import a cookbook
Print cookbooks, recipes, menus, shopping lists
Exit Micro Cookbook
Locate recipes
Use Recipe Finder
View selected recipe(s)
Create a new recipe
Edit a recipe
Copy or move recipe(s) between Cookbooks
Locate ingredients
Use Ingredient Finder
Add a new ingredient to Micro Cookbook
Edit an ingredient
Locate menus
Use Menu Finder
View a menu
Create a new menu
Edit a menu
Add item(s) to a menu
Locate shopping list
Use Shopping List Finder
View shopping list
Create a new shopping list
Edit a shopping list
Add item(s) to a shopping list
Use Micro Cookbook Options
Scale item(s)
Clear all selections in Micro Cookbook
Set your preferences
Use utilities
Resize your windows
Make windows overlap
Put windows side-by-side
Get on-line help
Get help
Learn about help
Icons for quick action
Move to previous recipe or menu view
Move to next recipe or menu view

Add selected recipes to a new untitled menu
Add selected recipes to a new untitled shopping list
Prints item(s) with your current print setup
Scale recipe view(s)
View multiple cookbooks with multiple recipes
Cookbooks to choose from
Type name of recipe to search for here
List of recipes from the selected cookbook(s)
View selected recipe
Create a new recipe
Change selected recipe
Delete selected recipe
List all cookbooks or only selected cookbooks
Description of highlighted cookbook
Close window
List all recipes or only selected recipes
Edit a cookbook here
Type name of cookbook to add or change here
Date you create or change this cookbook
Go to source window
Description of new or changed cookbook
Accept information
Cancel information
View cookbook(s)
Type name of desired recipe here
Recipes in this cookbook
Lists all recipes or only selected recipes
View selected recipe
Create a new recipe
Change selected recipe
Delete selected recipe
Close window
Description of the cookbook being viewed
View cookbook source information
Type cookbook source here
Type cookbook author here
Type author or source address here
City where source is located
State where source is located
Zip code of source
Phone number of source
Fax number of source
Country name
Additional information on Source
Accept information
Cancel information
Selected Cookbooks List
Choose an item from this list
Open selected cookbook

Cancel choices
Use Recipe Finder
Search for recipes
Search for recipe(s) by category
Search for recipe(s) by ingredient
Type recipe description here
List of items found by your search
Recipe(s) found by your search
View selected recipe
Create a new recipe
Change selected recipe
Delete selected recipe
Lists all items or only selected items
List all recipes or only selected recipes
Close and exit recipe finder
Put OR/AND between categories and ingredients in description
Running description of your search
List categories here
List of categories
Accept information
Cancel information
Type category name here
Type category to search for here
List all categories or lists only selected categories
Search for ingredients here
Type name of ingredient to search for here
Shows ingredients found
Cancel information
Accept information
Edit ingredients here
Type name of ingredient to add or change here
Select a store location
Select type of ingredient here
Is this ingredient a seasoning?
Is this ingredient perishable?
Accept information
Cancel information
View or edit ingredient nutrition information
Type ingredient brand here
Copy nutrition values from one ingredient to another
Type name of ingredient to find here
List of all matching ingredients found
Accept information
Cancel choices
Ingredient Finder
Food group choices
Type name of ingredient to search for here
List of ingredients found
Add new ingredient

Change selected ingredient
Delete selected ingredient
Close window
Nutrition summary window
Enter grams of protein in this ingredient here
Enter grams of carbohydrates in this ingredient here
Enter total grams of fat in this ingredient here
Enter grams of saturated fat in this ingredient here
Enter milligrams of cholesterol in this ingredient here
Enter milligrams of sodium in this ingredient here
Enter milligrams of iron in this ingredient here
Enter grams of vitamin C in this ingredient here
Type grams of vitamin A in this ingredient here
Enter grams of fiber in this ingredient here
Percent protein
Percent protein
Percent fat
Protein
Number of carbohydrates
Amount of fat in this item
Iron
Vitamin C
Vitamin A
Unit of measure of item in summary
Set weight measurement at grams
Set weight measurement at ounces
Show summary by RDI guidelines
Copy nutrition information from one ingredient to another
Accept information
Cancel information and return to previous screen
Menu options
Type name of menu to work with here
Type description of menu here
Adjust menu servings
Add or change menu category
View nutrition summary of this menu
Accept information
Cancel information
Menu Finder
Type name of a category to search by
List of categories
Type name of menu to search for here
List of menus found
View selected menu
Create a new menu
Change selected menu
Delete selected menu
Close window
List all categories or only selected categories

List only menus you selected
Add menu extras and courses
Select an extra for your menu
Insert BLANK LINE in menu
Insert APPETIZER in menu
Insert SOUP in menu
Insert ENTREE in menu
Insert DESSERT in menu
Accept entry
Cancel choice
Menu creation window
Add menu extras
Delete selected item from menu
See menu options
Save menu
Close window
Clear menu
Current menu
Lists selected items
Choose the kind of items to add to your menu
Include selected recipes in this menu
Include other menus in this menu
Add selected items to menu
Select all items in the list
List all items or only selected items
Clear list after adding selected items to menu
Adjust menu servings here
Set new servings to scale by
Accept information
Cancel information
Check box if you want to use original servings
Type original number of servings here
Adjust recipe cost here
Type recipe cost here
Accept information
Cancel information
Type unit of measure here
Copy and move recipes here
Type name of recipe to copy/move here
Name of cookbook where recipe is found
Name of cookbook you want to copy/move recipe to
Accept information
Cancel information
Deletes original - MOVES recipe
Adjust recipe cooking time here
Enter preparation time - hours
Enter preparation time - minutes
Enter cooking time - hours
Enter cooking time - minutes

Sheet1

Enter standing time - hours
Enter standing time - minutes
Total of all times
Accept information
Cancel information
Recipe source information
Type name of recipe source here
When the recipe was published
Page of cookbook where recipe originally appears
Name of cookbook where this recipe originally appears
Accept information
Cancel information
Selected recipe list
Lists selected recipes
Accept information
Cancel information
Check to clear list after transferring recipes
Add or edit recipes here
Type a short name for your recipe here
Type the recipe name here
Type another name for your recipe here
Type an introduction for your recipe here
How many servings does this make?
Type quantity of measurement of serving - 1/2, 1, etc.
Type total measurement here - 1 loaf, 2 pies, 1 cake, etc.
Recipe ingredients field - use buttons on the right to add and change
Type recipe directions here
Degree of difficulty - i.e., Easy, Average, Challenging
Select if recipe is easy to make
Select if recipe is easy to make
Select if recipe is easy to make
Enter total time to make this recipe
Go to source window
Go to category window
Go to nutrition window
Enter cost of recipe - per serving or total
Accept information
Cancel information
Add a new ingredient
Change selected ingredient
Delete selected ingredient
View recipe
View recipe
Ingredient edit window
Quantity of ingredient
Measurement of ingredient (cups, teaspoons, tablespoons, etc.)
Preparation method (grated, chopped, diced, etc.)
Accept information
Cancel information

Sheet1

Check if ingredient is not necessary to recipe
Reverses appearance of ingredient (chopped nuts vs. nuts, chopped)
Ingredient selection window
Quantity of ingredient in recipe
Measurement of ingredient in recipe:
Name of desired ingredient
Type name of desired ingredient here:
List of ingredients
Type preparation method here:
Adds this ingredient to your recipe
Select ingredient or other recipe
Add ingredient to recipe
Use another recipe as an ingredient in this recipe
Create a new ingredient
Edit selected ingredient
Delete an ingredient
Close window
Reverses appearance of ingredient (chopped nuts vs. nuts, chopped)
Check if ingredient is not necessary to recipe
Printer setup window
Select your printer
Select the port your printer is connected to
Accept information
Cancel information
Print Window
Name of your printer
Choose a template (format) to print
Number of copies to print
Accept information
Cancel information
Choose from printing options
Arrange printed page layout
Print item to text file
Set page layout
Select page size
Set top margin
Set bottom margin
Set left margin
Set right margin
Accept information
Cancel information
Printing options
Print complete recipes used as ingredients in other recipes
Print complete menus used as ingredients in other menus
Print recipes' and menus' nutrition summaries with them
Include ingredient and recipe details in shopping list printout
Print only one recipe per page
Accept information
Cancel information

Sheet1

Create a shopping list
List of items in shopping list
Add extra items to shopping list
Delete selected item from shopping list
Save shopping list
Close window
Clear shopping list items
Remove item from shopping list
Items to add to shopping list
Select type of item to add to shopping list
Menu items to add to shopping list
Combine another shopping list with this one
Add items to shopping list
List all items or only selected items
Select all items
Clear selections after adding them to your list
Add item to shopping list
Type item name here
Accept information
Cancel choices
Find another shopping list
Type name of list to find here
Lists shopping lists found
Close window
Look at shopping list
Create new shopping list
Change shopping list
Edit a shopping list here
Type name of list to edit here
Accept information
Cancel information
Search dialog box
Type the name of an item to search for here
List of items found
Cancel choices
Accept information
Save dialog box
Save name
Save list
Accept information
Cancel information
Type name of recipe to search for here
List of items found
Search by category
Search by ingredient

Clear all selected recipes
Lists all groups or only selected groups
Use original servings
Scale servings
Put OR/AND between categories in description
Running description of your search
Find another menu
View menu
Scale items to add to menu
Size/weight of item in summary
Enter grams of alcohol in this ingredient here
List of ingredients
Type in ingredient to find

Select ingredients or other recipe
Select ingredients
Select Recipes
Add a new ingredient
Edit an ingredient

Scale items before adding to shopping list
Cancel information
Nutrition information
Use US measurements
Use Imperial measurements
Use Metric measurements
Use original measurement units
Show measurements in fractions
Show measurements in decimals
Accept information
Cancel choices
Type your name here
Type your company name here
Type your address here
Type your address here
Type your city here
Type your state here
Type your zip code here
Type your country name here
Type your phone number here
Type your fax number here
Type your registration number here
Accept information
Cancel information
Type your Micro Cookbook serial number here

Register your copy of Micro Cookbook
Use Micro Cookbook without registering
Accept information
Cancel choices

View menu
View shopping list
Help information

Scale by U.S. measurement
Scale by Imperial measurement
Scale by Metric measurement
Scale by measurements entered
Scale using fraction measurement
Scale using decimal measurement
Accept information
Cancel choices

Accept information
Find a shopping list
View selected shopping list
Type the name of a group (cheese, meat, pasta, etc.) to search by
View selected item(s) (i.e., a recipe, menu or shopping list)
Nutrition summary view for recipe(s) and menu(s)
Type name of recipe to find here
Number of recipe found
Type name of recipe to copy here
List of recipes found
Lists only selected items or all items
Choose to copy selected recipes to selected cookbook
List of available cookbooks to copy recipe to
Close window
Number of recipes found
Type name of Micro Cookbook 3.x path here
Accepts information
Cancels information
List of Micro Cookbook 3.x cookbooks
List of Micro Cookbook 4.0 cookbooks
Imports 3.x cookbook to 4.x format
Closes window
Clear list of items
Clear list of items
Clear list of items
Clear list of items
Clear list of items

View selected recipe
View selected recipe
Selected cookbooks list
Number of items found
Number of items found
Total preparation time for this recipe
Pick a category to search by
Accept information
Close window
Unit of measure
Number of items found
Items to search by
Number of items found
View selected recipe
List all items or only selected ones
List of items found
Select all items
Number of items found
Use advanced scaling criteria
Enter grams of Vitamin A
Enter number of calories
Type whole unit weight here
Type fluid ounce weight here
Type dry cup weight here
Accept information
Cancel information
Number of items found
Clear menu items
Pick a category to search by
Number of items found
Pick a type of item to add to menu
Show measurements as entered
Display measurements as fractions or decimals
Cancel information
Type product registration number here
Accept information and close window
View selected recipe
Cookbook description
Select a category to search by
Accept information
Cancel choices
Type name of recipe to search for here
Number of recipes found
List of recipes in cookbook
List selected recipes only
Description of cookbook
View selected recipe
Edit selected recipe
Delete selected recipe

Close window
Create a new recipe
View cookbook table of contents
Select a basic ingredient category
Select displayed recipe