COOK! 4.0

OVERVIEW

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

If, after you use it for a week or two, you wish to register, it costs only $18 and you get the latest version with over 100 recipes, several wallpapers and a set of 36 additional cooking icons you can use in the Search Window. (The reminder screen is, of course, eliminated.)

Like Windows, COOK! is intuitive, yet useful, swift, and powerful: just the kind of program to convince that long-time holdout from computers in your household that these machines can be valuable and fun to use. Because of the high-resolution of elements and graphics in the COOK! program, it is suggested that you use SVGA or higher graphics, with 256 colors or greater. If you are currently using a lower resolution, COOK! will inform you and describe how to change the resolution.

WHAT'S NEW IN VERSION 4.0?

We've made several important improvements to COOK! Now recipes can be of any length. Now you can have as many recipes as you like (as your hard drive will hold) in COOK! The search icons have been improved to include more detail and look more realistic. You can import your own wallpaper behind the main recipe screen. Also, under the hood, searching, sorting and disk saving have been speeded up. There are new features such as "Automatic Backup" and "Password." Also, there is a special "NOTES" screen and you can add notes to any recipe, and decide whether notes will be included during a search or a printout. A new "Ingredients" feature displays the ingredients of a recipe on screen by using the same analysis method that Print Ingredients uses. All in all, many of these features have been suggested by COOK users, so please send in any ideas you would like to see incorporated into COOK! 5.0!

DESIGN

A DATABASE is simply an organized collection of information, designed to make entry, modification, and retrieval as easy as possible. COOK! is "free-form"

because there are no restrictions on how the user manages and enters information. Anything can be typed into the title and body of each recipe, in any manner. Any additional information can be entered into the Notes feature for each recipe. It is also easy to import text files of recipes from the outside, by using Notepad, Write, Word for Windows (or your choice of word processor) along with COOK!'s Import & Export features. There is no restriction on the size of any individual recipe, nor is there any restriction on the number of recipes in the database. COOK! utilizes Microsoft's Access "Jet" Engine, but transparently. You will, though, likely notice the speed and smoothness of the COOK! database, particularly if you've used others. Much of this efficiency is due to the underlying Microsoft engine.

COOK! was designed to be as flexible as possible and there are a number of user-configurable parameters. For more on customizing, see "TIPS" below.

SETUP

Simply create a directory on your hard drive called COOK, then unzip the COOK.ZIP file (or copy all the files from the COOK! disk in drive A: or B: and copy by typing on the DOS line: COPY A:*.* C:\COOK).

Now Move or Copy the files VBRUN300.DLL, MSAJT110, DLL, VBDB300.DLL, MSAES110.DLL and THREED.VBX to your Windows/System directory. That's it. You can now run COOK4 from Program Manager or File Manager, or add it to Program Manager by using the File/New menu option.

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

1. COOK4.EXE (the main program)
2. MSAES110.DLL, VBRUN300.DLL, THREED.VBX, MSAJT110.DLL, and VBDB300.DLL (libraries that are used by COOK! and must be copied into your WINDOWS/SYSTEM directory).
3. RECS.MDB (the file holding the recipes)
4. RECS.LDB (an index to the recipes)
5. COOK.WRI (this document)
6. ORDER.WRI (the order form)
7. README.1ST (quick start instructions)
8. NOTES.BMP a graphic for use in the NOTES feature (at certain screen resolutions.)
9. CAKE.BMP a sample Search Icon so you can see the resolution and typical filesize, should you want to create and use Search Icons of your own in COOK!

THE MAIN SCREEN

The first window you see when COOK fires up is the place where you can

modify, add or delete recipes--and access a set of control buttons on the right side of the screen.

THE GOLDEN GLOBES

COOK offers several ways to access a particular recipe. While on the main recipe screen you can click the Index button to see all the recipes in alphabetical order. Or you can use the Golden Globes.

These are special controllers. They work three ways. If you move your mouse quickly onto a globe, then away from it, you will see the next or previous recipe (depending on whether you briefly hover over the right or left globe).

If you keep your mouse on top of a globe, the recipes will click into place slowly. You can stop this process at any time by moving your cursor off the globe. If you hold down the left mouse button while on a globe, the recipes will come in more quickly. Let up on the button and they will move more slowly again. Move off the button to stop on the currently visible recipe.

THE BLUE GLOBES

Clicking on one of these will move you to the first or last recipe in the collection.

NOTES

COOK allows you to add notes which you can specify will, or will not, be printed when you print out a recipe. Likewise, the notes can contain information which will, or will not, be searched for in the Search Window. (To change these options, click on Options.)

If a recipe has a note, a symbol will appear next to the recipe's title on the Main Screen.

CONTROLS

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

SEARCH

This brings up the Search Window. When on this Window, the user can search the "electronic cookbook" in three ways:

      1. by typing in a search word (or words) in the bar at the top, and pressing

Enter (or clicking on the START SEARCHING button)

OR

2. by clicking on one of the icons representing "French," "Soup," "Meat," etc.

You can also combine these: type in "Chicken" and click on the "Soup" icon--you would get hits for Egg-drop Soup, Chicken Soup, etc.--anything that included soup and chicken.

Clicking on the START SEARCHING button then provides a list of all recipes containing the search word in either the body or the title (or, optionally, the Notes) of the recipe. Click on a recipe you want to see within the list, or click on "Hide this window" to search again.

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

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

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

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

When the search is finished, you'll see a list of hits. Simply click on the desired recipe and you are returned to the main screen where that recipe can be modified, deleted, printed, etc.

If, after getting a list of recipes, you want to perform another search, simply click anywhere on the window outside the hit list, or click on the "Close This Window" button.

SEARCH: CHANGE ICONS

Clicking on "Customize" in the Search Window will allow you to personalize COOK! You can replace any or all of the 18 supplied icons with choices of your own. You can also define the "Search Term." For example, if you want the icon of a T-Bone steak to search for "BEEF" instead of "MEAT," just type in the new search term. To change the icon, simply select a .BMP graphic fiel anywhere on your disk drive.

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

INDEX

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

ADD

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

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

To prevent delays, recipes are only alphabetized when you are NOT adding a series of new recipes. The INDEX list will be alphabetically correct during a mass-adding of recipes, but using the Golden Balls will show the new recipes temporarily located at the end of the database. This is corrected when you leave COOK! and also, in the background, during other COOK functions.

REMOVE

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

UNDO

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

NOTES

You might wonder why we have a separate Notes form for each recipe, given that each recipe can be as large as you want to make it. Notes can be used like footnotes (things you might want to explain about a recipe that are not essential, but might sometimes be useful. Another use for Notes is to list search keywords that will not be printed when you print the recipe, but will make it easier to locate

things. If you turn on the "Include Notes in Search" option, but turn off the "Include Notes When Printing" option, you could type this into the Notes of some recipes:

One of Jim's favorites. Tommy likes it too.

Then search for Jim Tommy to get a list of all their favorites. Or search for Tommy to get of list of just his favorites.

The same technique can be used to specify such things as calorie counts, low-fat recipes, Christmas recipes, whatever. If a word or other symbol is in a recipe, a title or Notes--Cook can search for it.

If a recipe has a note, a symbol will appear next to the recipe's title on the Main Screen.

INGREDIENTS

This displays the current recipe's ingredients, stripping away most of the instructions. A similar feature of the PRINT option allows you to print out a shopping list. Click anywhere and the normal recipe will be restored.

COLLAPSE

For aesthetic reasons, some people like to edit recipes or use the Golden Globes without the visual noise of the set of Command Buttons visible against the wallpaper. Collapse removes the buttons to a single "EXPAND" button, which, of course, restores them.

IMPORT

After placing a recipe in the Clipboard (from Notepad, or any other word processor that allows you to COPY selected text), simply click on IMPORT and the recipe will be entered into the COOK! database. This is the same as pressing Shift-Insert

For example, you've been using a different cookbook database and have stored your recipes in it. You've made the wise decision to move to COOK, the free-form and highly efficient alternative. How do you get your recipes from the bad old program into COOK!?

Some database files can be loaded (as text) into Word, WordPerfect, Write or Notepad. If so, run your word processor at the same time you're running COOK! and then highlight a recipe you want to transfer to COOK! (Highlight with the mouse by dragging or by holding down SHIFT and using the Arrow Keys.)

Now that you've selected a recipe, you can press CTRL+INSERT to copy it (or you can press CTRL+C or select COPY from the EDIT menu). Anyway, you've copied it.

Now, just click on the IMPORT button on COOK!'s main screen, *et voila,* there it is! What could be easier? Well, it would be easier if we could just mass-import recipes but there are so many bad old cookbook databases out there that it's impractical.

EXPORT

This places the current recipe into the Clipboard so that it can be accessed by other word processors or databases. It can thus also be saved as a plain- vanilla file for other uses, such as uploading it to a cooking forum on CompuServe or America Online. EXPORT does the same thing as dragging the mouse over the entire visible recipe to highlight it, and then pressing Ctrl-Insert. The recipe is Copied to the Windows Clipboard and can, therefore, be Pasted somewhere else.

CLIPBOARD

Activates the Clipboard window. This isn't used much, but if you want to know what was just EXPORTed or will be next IMPORTed, click this button.

NOTEPAD

Activates a Windows Notepad window.

PRINT

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

Print Recipe will print what you see on your screen.

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

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

Use digits, not words, for ingredient quantities:

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

OPTIONS

Clicking on this button brings up a special screen which allows you to choose the size and font of the text for the screen display and the printer. Click on a name to change fonts. Type in a new size at the bottom of the screen to adjust the size of the fonts. Cancel rejects any changes you've made, Accept Changes accepts the changes.

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

The Options window also includes features to permit or forbid including recipe Notes during a Search or a Print. You can also allow COOK! to automatically back up your recipe database (into files called BACKUP1 and BACKUP2) every time you exit COOK! There is a slight penalty (a second or two usually) when you exit COOK! but this auto-backup is well worth utilizing. If anything ever happens to your main database files and COOK! can't use them, it will tell you that there's a problem and all you have to do is rename BACKUP1 to RECS.MDB and rename BACKUP2 to RECS.LDB--and the problem is solved. Your most recent version of the database is restored intact. By default, auto-backup is turned on.

The Require Password option provides several messages which lead you through the process of adding, modifying or removing the requirement that a password be entered before COOK! will work. By default, as shipped, there is no password. Should you create a password, then forget it, you can call us at (919) 275-6060 and we will give you a universal COOK! password that will unlock COOK! for you. Then you can remove the password feature or change your password. However, if you forget your password, COOK! will not run until you enter the universal password, or remember yours.

Change Wallpaper

This option allows you to select a different background for the main screen. By

default, COOK! has a starfield background, but you can choose whatever .BMP file you prefer. Be aware that custom wallpaper slows up the startup of COOK, just as it does when you add wallpaper to Windows itself. Also, the Golden Globes will have a black square around them on your wallpaper. For technical reasons, this artifact cannot be avoided.

Repair/Compact

This option can be used to reduce the size of the COOK! database files (RECS.MDB and RECS.LDB). It will also attempt to repair a corrupted database. For safety, the files are first backed up and named BK1 and BK2 so you can restore them if something goes terribly wrong. This option should be used if you notice instability or problems with your database, or if the filesizes are growing unusually large (relative to how many recipes you have saved). Over time, these things can happen to a database, so you might want to use the Repair/Compact option from time to time. For more about safety measures to prevent the COOK! database from having to be retyped, etc, see SAFETY below.

HELP

This brings up the file you're now reading.

QUIT

This re-alphabetizes the recipes, stores them on the disk, performs other housekeeping chores and closes COOK! down. If you have the "Automatic Backup" option selected, copies are made of your recipes. It all happens pretty fast, so you'll probably not notice that lots of things are being done in a second or two.

CREATING SEARCH ICONS

The registered version of COOK 4.0 comes with dozens of high-quality search icons, ready to load into the Search screen. However, with a little effort, you can create your own. The main issue is size--these are much larger, more high-resolution graphics than normal Window icons. A Windows icon is 766 bytes large; a typical COOK icon ranges from 5,000 to 30,000 bytes. Within that range, COOK loads reasonably quickly, yet icons this size can be highly detailed.

The issue is how quickly COOK! will load when you first start it up. A single million-byte icon will cause COOK! to load 10-20 times more slowly!

If you are fond of a particular large .BMP file (your son eating a hotdog to use for "SNACKS", for example)--there is a way. What you want to do is import that .BMP into Corel PhotoPaint or a similar photo-retouching program. Then

reduce it so it ends up between 5,000 and 30,000 bytes. Larger files retard COOK! when you first start it running, just as does custom wallpaper. (Huge search icons won't significantly retard the redraw of the Search window.)

CONVENTIONS

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

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

It is not necessary to follow this convention when entering your own recipes. The next version of COOK! will contain additional features, including global search and replace, which will allow such things to be standardized if the user wishes. However, the Print Ingredients and the main window Ingredients features currently work by looking for digits within a recipe, so you should use "2" instead of "two" if you wish to have these features detect an ingredient and display it properly. (The intelligence of the Ingredients features includes the ability to reject such statements as 2 hours or 5 min, etc.)

Titles are special--they are used to alphabetize the database. You can generally relax about using aphostrophes (Glen's Best BBQ), parentheses, and other non-character text symbols. COOK! permits almost anything. But if COOK! does balk and puts up a message saying that a title isn't acceptable, look to see if you've included some bizarre symbol like % or something. Edit it out and try again.

SEARCH CRITERIA

To make searching as useful as possible (without resorting to rigid templates), you may want to sometimes add a couple of words at the bottom of a recipe to identify it during a search. Or put a description into a recipe's Notes. For example, a recipe for refried beans might not contain the word MEXICAN or VEGETABLE or SIDE DISH anywhere within the title or body of the recipe. So, if you want to be able to do effective cross-indexed searches, it might be worth adding descriptive words at the bottom or in the Notes. These trigger words can be single words, phrases, within parentheses, sentences, whatever -- just so the key words you may want to look for later appear somewhere within the recipe.

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

SAFETY MEASURES

COOK! attempts to keep you from losing your work, from having to retype or reimport all your recipes. It does this in several ways. The best way is to leave the Automatic Backup option turned on. That way, each time you quit COOK!, a copy of the current state of your database is saved into the COOK! directory and can be renamed or copied to restore the database (if, for example, the database is accidentally erased).

The COOK! database is comprised of two files which reside in your COOK! directory: RECS.MDB and RECS.LDB. If something should happen to these two files, COOK! will either try to reconstruct them or will warn you of the problem. If COOK! cannot automatically restore them, you will be told to rename one of the backup copies (some backups are created named BK1 & BK2, others are created with the extentension .BK1). There can also be the Automatic Backup files: BACKUP1 & BACKUP2. Any of these can be renamed RECS.MDB and RECS.LDB. Files ending with "1" should be renamed or copied to RECS.MDB. Files ending with "2" should be renamed or copied to RECS.LDB.

If these efforts fail to restore your data, try the Repair/Compact option described above.

If all fails, you will have to start over with the RECS.MDB and RECS.LDB files that were mailed to you with your copy of COOK!. It is always wise to make a copy of RECS.MDB and RECS.LDB from time to time and save them on a separate floppy disk.

HOW TO REGISTER

Use the ORDER.WRI registration form in the COOK directory. Or just send a letter with your address and a check made out to Richard Mansfield for $21 to:

Richard Mansfield
2703 E. Bessemer Ave.
Greensboro, NC 27405

Our crack mailroom staff will send you the complete package the very day we receive your order; we won't wait for the check to clear. We trust you.

Richard Mansfield's liability for any damages ever exceed the price paid for the software, regardless of the form of the claim. The person using the software bears all risk as to the quality and performance of the software.

This agreement shall be construed and enforced in accordance with the laws of the STATE OF NORTH CAROLINA. Any action or proceeding brought by either party against the other arising out of or related to this agreement shall be brought only in a STATE or FEDERAL COURT of competent jurisdiction located in Guilford county, North Carolina.