COOK !

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 $24 and you get the latest version with over 100 recipes, (there are a total of 400 possible recipes within each "cookbook" you create). (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.

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. It is also easy to import text files of recipes from the outside, by using Notepad and the Clipboard. The only restriction is that the number of recipes in any given COOK! subdirectory cannot exceed 400.

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 put the COOK! disk in drive A: or B: and type A:\SETUP or B:\SETUP. (If you have all the COOK! files on a hard drive, just type SETUP.)

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

1. COOK!.EXE (the main program)
2. *.VBX (several libraries that are used by COOK! and put into your WINDOWS/SYSTEM directory by the SETUP program).
3. COOK.DAT (the file holding the recipes)
4. COOK.DEX (the file holding the titles)
5. COOK.INI (the initialization file that holds your customized settings)
6. COOK.WRI (this document)
7. ORDER.WRI (the order form)
8. README.TXT (quick start instructions)

And, somewhere in your PATH, you must have the Visual Basic runtime module VBRUN100.DLL which can be downloaded under the name VBRUN100.ZIP from Compuserve's MSLANG (type GO MSLANG from any ! symbol) section, EXEC PC BBS' s (type F E L L from the top menu), and from many other BBS's. VBRUN100.DLL must be available to any program written in Visual Basic, but is so large that you'll only want to download it once. It's

probably best to put it into your Windows directory.

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 screen. On this screen, the user can search the "cookbook" in two ways:
        1. by typing in a search word (or words) in the bar at the top, and pressing Enter (or clicking on the SEARCH button)

OR
        2. by clicking on one of the icons representing "French," "Salads," "Beef," etc.

Clicking on the Search button then provides a list of all recipes containing the search word in either the body or the title of the recipe.

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

As many search words as desired 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.)

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, 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 and the search box contains a list of target recipes, 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 search box.

CHANGE ICONS

Clicking on Change Icons will allow you to personalize COOK! You can replace any or all of the 18 supplied icons with choices of your own. Simply select an icon anywhere on your disk drive, then hold down the mouse when the icon appears and drag the icon onto the COOK! collection of icons. It will replace the current icon. The NAME of the icon will be the search name, so if you have an icon that looks like a nurse's hat and you want it to search for "health" recipes, name it HEALTH.ICO before importing it into COOK!. You can always change back to the original icons by removing the references to your changes in the COOK.INI file. (The OPTIONS button allows you to modify COOK.INI.) COOK! will automatically make a copy of .ICO files that you select in

CHANGE ICONS.

Pressing the HELP button brings up this file.

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.

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.

IMPORT

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

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. This is the same as dragging the mouse over the entire visible recipe to highlight it, and then pressing Ctrl-Insert.

CLIPBOARD

Activates the Clipboard window.

NOTEPAD

Activates a 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 jewel.

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 intelligent. 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

BACKUP

Click this button to save your work if you've typed in a number of recipes and you don't want a power failure to ruin your efforts. BACKUP alphabetizes the recipes and stores them all on disk. This automatically happens when you click on the QUIT button, but a power outage could cause some loss of newly added recipes.

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 the BACKUP button is clicked, or the program is exited.

OPTIONS

Clicking on this button brings up a special screen which allows you to adjust the size and font of 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. If you click on SAVE TO COOK.INI? you can adjust whether these changes will be permanent, or will apply only to this session. Edit COOK.INI allows you to view and modify the file that COOK! looks to for special instructions when it starts running. If you change the font or font size or any icons, you'll notice these changes listed in COOK.INI. You can directly change these initialization parameters if you wish. Alternatively, they will automatically be changed when you exit COOK! if you've left the SAVE TO COOK.INI checked. Cancel rejects any changes you've made, Done 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).

QUIT

This alphabetizes the recipes, stores them on the disk, and closes the program down.

SEARCH BAR

Just under the Title Box at the top of the main screen is a bar which identifies the current recipe by number and shows where in the database you currently are by a thin black line. Clicking and HOLDING DOWN the mouse button on one of the golden balls at the bottom of the screen moves you slowly through the database, with the title window changing each time you reach a new

recipe. Simply moving the mouse pointer onto one of the golden balls will move you quickly through the database (do not click or hold down the mouse button, just put the pointer onto a ball).

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 feature currently works by looking for digits within a recipe, so you should use "2" instead of "two" if you wish to use this feature. COOK! v2.0 will improve on the intelligence of the Print Ingredients feature.

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.
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. They 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.

If you don't want these notes or phrases printed when you use the PRINT feature, type in a circumflex (^) and everything following it will be ignored during printing.

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.

HOW TO REGISTER

Use the ORDER.WRI registration form. 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.