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Cross color shirts

You probably already have enough screens in your home – between the TV, the computer, phone, tablet, look, and so on, there is no shortage of exhibitions. One day, though, even your clothes might be a screen. A new technology has been developed by researchers at UC Berkeley who essentially allow for color-changing threads to be woven into fabrics. The technology is called Ebb, and it's aimed at how fashion will change if the wearer can change the color of their clothes whenever they wanted to. The threads basically change their color when a certain strain is applied, meaning you can electrify your clothes to suit any opportunity — go to a sports game? Change to your team colors! Independence Day? Red, white and blue it is! Of course, the technology is still being developed — it takes a long time for the threads to fade into new colors. That's part of the reason the team is currently focusing on fashion — the technology won't really work in its current form for exhibitions of any kind. However, in the demo video, we can see the team using the technology for a basic alphanumeric display. Over time, however, it's possible that fabrics color color can change as fast as our TV displays. What this means is that the threads can be patterned in a way to create animations and even images, and ultimately be part of your connected self. Miss a call? Just look at your sleeve to see who's coming from. This, of course, isn't the first time we've seen smart dust — many big companies have looked at clothes just as smart as your phone, including the likes of Under Armor, Samsung and Google. Yet most of them are missionary rather than interface-focused. Editor's recommendations If you're having trouble drinking enough water, your clothes might soon remind you. A prototype of a new textile sprayer detects dehydration in your sweat and then changes color. If you're healthy, your clothes will look blue, but the layer gets yellow, then brown, if the levels of acids in your sweat are too high, either from dehydration or a bad diet. The sprayer can be sprayed before working out, and then rinsing out in the wash. While wearables like smartwatches also started to monitor sweat and dehydration, the designer behind the new spray wanted to give people another way to communicate with their quantified self. At a time where so much information is coming to us via screens, data, online profile, I think it's easy to come out of touch with our senses, says Paulien Routs, the Dutch designer and researcher who created the sprayer, called Soak, along with design firm Dry. The power of all our senses, but our eyes are detaching, she says. In the synthesis of science and design, digital society and human behavior, technology and fashion there are many ways to find to with our senses in new ways. I think people yearn for this new kind of tactile and sensory depth, to experience our environment in more intense and interesting ways and be challenged to explore. Of course, color-changing clothing is also a visual signal, but on a different scale, plastered all over your body. Watching your t-shirt change color is harder to ignore than stats on a smartwatch, and a way to artificially increase changes in the body—like a slight change in skin color—which we might normally miss. I wanted to create interaction between a carrier and its body that gives insight into the status of their health in a way that is an extension of the body's natural signals, she says. This means preventing feedback from getting into numbers or graphics, but highlighting the bio-information we don't see. Right now, Week is just a prototype. I am open-minded about further development, but am currently investigating only what industries and audiences are adaking and linking it to, Routs says. In the meantime, I continue my research in innovative ways, and how we can embody technology in new ways. Last updated on 18 December 2020 Weeknights are wild. There are hobby meetings, sporting events, date nights, late-night job calls, kids' bath time, TV show premieres (of course), and there are also... Dinner? Trying to cram in making a recipe, eating dinner (let alone enjoying the meal) and cleaning the kitchen in under an hour always seemed like it would take some sort of divine intervention. Well, let me imagine the power pressure cooker, aka the game changer. The power pressure cooker makes the impossible possible. You can create a healthy, balanced meal in under an hour from start to finish. Even decadent dishes such as fried short ribs or whole meals such as salmon with potatoes and broccoli can be enjoyed from start to finish with breeze on a weeknight. Is there anything easier than throwing your whole meal into one pot and letting the pot do the job? I can't think of anything. It's like you've upgraded the already kitchen staple, the crockpot significantly. Here are some of my favorite power pressure cooker recipes to get dinner on the table under pressure:1. Ramen Soup For those nights when all you need is a great hug, ramen is the perfect dish! High in anti-inflammatory ingredients such as fresh ginger, garlic and spinach this 20-minute soup is good for you in every way. These quick ramen is balanced with lean protein from the chicken and soft boiled eggs, starches of the noodles, and a salty sauce that makes you crave more! To bump this recipe even more nutritional value, try doubling the carrot and spinach for extra vitamin power.~ Check out the recipe here!2. 4-Minute Salmon, Broccoli and PotatoesWhat Is Better Than a Perfectly Balanced in just 4 minutes? I can't think of anything! This amazing fish mix so well with the super food broccoli and starch of the potatoes that you won't believe it's been done in such a short time! Salmon is a great source of Omega-3 fatty acids (aka fish oil) that helps our heart, skin, joints, GI tracts, and more!~ Check out the recipe here!3. Beef GyrosA hot pita wrapped around freshly made gyros, toppings, and even Tzatziki sauce, oh my! This recipe goes from refrigerator to plate in under an hour with only 15 minutes of prep time! When creating the Tzatziki sauce, you need to grab ordinary Greek Yogurt. This yogurt is naturally higher in protein, adding another nutritional advantage to this great dish! You can also opt for a whole wheat pita to add some extra fiber!~ Check out the recipe here!4. Shrimp BoilThis recipe is perfect for summer beach nights, a classic shrimp cooking recipe you don't have to spend all day preparing! This recipe is fun finger food to the max! It's delicious, satisfying and tastes best when served on a picnic table. To take this recipe to the next level, the proportions of vegetables adapt to be protein. By increasing the corn and reducing the amount of Andouille sausages, you can reduce the total sodium and calories while increasing the fiber and vitamins!~ Check out the recipe here!5. Mexican QuinoaThe perfect one pot meal with fiber, protein, and lots of flavor! It's a vegetarian and meaty lover dream! Quinoa is the perfect replacement for white rice in this classic recipe while the beans are complimented to create a protein-filled dish. Plus adding all those vegetables creates a meal that bursts with flavor. Top this Mexican quinoa with fresh avocado to round it off perfectly.~ Check out the recipe here!6. Lo MeinThis Lo Mein will blunt any greasy, take-up craving you have without the usual debt! It's not very often, you can replace a sinful bowl taking out with something so nice and easy to make at home! Make it Lo Mein in less than 15 minutes from start to finish. It's faster than it takes for the delivery person to appear at the door!~ Check out the recipe here!7. Whole Rotisserie ChickenEveryone knows that the secret to journal cooking is to have an entire chicken cooked to use in various ways throughout the week! This recipe makes the perfectly moist rotisserie chicken that can be used as is, for tacos, for soups, and for sandwiches all week long! Tip: keep the legs and bits to make an amazing chicken stock to have at hand! Cooking the stock longer and at a lower temperature will create a delicious bone sauce rich in vitamins, minerals and proteins.~ Check out the recipe here!8. Chicken and lentil soup This is the craziest soup around! Rich in protein, fiber and B vitamins, this soup will meet all your cravings! It can't be either be for a rushed weekday meal, all you have to do is chop your power pressure and let print do the job! In just 30 minutes you'll have a hot soup that the whole family can enjoy!~ Check out the recipe here!9. Vegan Quinoa Burrito BowlIs there someone out there who doesn't enjoy a good burrito bowl? This vegetable bowl is the perfect one-pot meal that is easily customizable! From vegans to meat lovers, everyone will enjoy this easy, fiber-rich bowl. Add everything topping you want to create a burrito bowl that's just as good as a restaurant's!~ Check out the recipe here!10. Rice and BeansThe classic rice and beans dish is a staple for many reasons. It is full of perfectly complimented proteins, great texture and balanced seasoning. Now you can create this filling balanced meal in under an hour! No longer pre-thending those beans! This perfectly seasoned, fill balanced meal will all fight for another bowl! ~ Check out the recipe here!11. Summer Quinoa SaladYour fresh in-season berries are made for this quick salad! Take this nutrient-dense salad to a party or serve it as light, summer dinner to have everyone asking for the recipe! The quinoa, fruits, vegetables, and nuts create a dish that is perfectly balanced with all the food groups. You can top this salad with boiled chicken breast or leave it as-is to meet everyone needs!~ Check out the recipe here!12. Minestrone SoupThis Minestrone Soup is fast and vegetables full make it perfect for any weeknight dinner! It's rich in vitamin C, antioxidants, and Vitamin A makes it the perfect dinner for the whole family! Tip: Use whole grain noodles to increase the fiber and B vitamins of this tasty dish!~ Check out the recipe here!13. Lemon garlic ChickenMake your protein and side dish at the same time with fragrant chicken that the whole family will love! In less than an hour you can have a beautiful and balanced platter with vegetables and protein. This fragrant lemon garlic chicken will give you the protein and excitement to spice up any plate!~ Check out the recipe here!14. Chicken FajitasQuick, easy and very few dirty dishes are used to create these fajitas that will rival even your favorite Mexican restaurant! Feel free to top it up with everything you like, but make sure you include fresh avocados for a bump-up in vitamins and minerals. Tip: If you enjoy sour cream on your fajitas, opt for ordinary Greek yogurt that's higher in protein, lower in calories, and just as delicious!~ Check out the recipe here!15. Coconut Chicken CurryA big bowl coconut chicken curry over rice is what dreams are made of! This bright, fragrant dish is full of vegetables and lean protein without the dryness! Which can usually take a few hours, create this colorful dish in just 30 minutes with your power pressure cooker!~ Check out the recipe here!16. Cashew ChickenThis takeout classics may be on your plate in just 20 minutes, but you can pretend you have hours have to create it when everyone asks for the recipe! Recipe! can double the green bell pepper to increase the vegetables without sacrificing any flavor. Serve this classic over brown rice for extra fiber and minerals.~ Check out the recipe here!17. MeatloafMeatloaf has been a menu staple since sliced bread, but never did it just 20 minutes to make! This recipe includes the meatloaf and the edges to create a one-pot dream. Ideal to serve after long weekdays, this dish is a comforting staple. And don't be fooled by the short cooking time, this meatloaf is the best of both worlds - it's juicy and quick to make!~ Watch the recipe here! Despite its apparent roots in the crockpot concept, power pressure cooker meals are cramped to be much healthier. Without the need for fatty sauces to create flavor and prevent dryness, the power pressure cooker uses the heat generated by the water to cook the food. This leads to more flavor without dryness and overall leaner meals. The power pressure cooker is the answer for anyone striving for healthy, balanced meals with a crazy weeknight schedule. It can really do it all. You won't be disappointed and you'll feel good after enjoying healthy, balanced meals while easily judging all the activities you enjoy! Featured photo credit: Unsplash via unsplash.com unsplash.com