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Beah Richards

Distinguished actress/author Beah Richards, known for her roles in "Guess Who's Coming to Dinner" and "In the Heat of the Night," discusses and performs works from her book, "A Black Woman Speaks and Other Poems" when she appears on "Inner Visions - Beah Richards," airing over PBS Monday, January 23 at 10 p.m. on TV-10.

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Consumer Scene



Microwaves: What They Are, How They Work

In spite of the tremendous growth in microwave cooking, just what microwaves are and how they work remains a mystery to many.

Understanding this particular form of energy and how it causes foods to heat up and cook is not essential to using a microwave oven, but it can be helpful. Here are some answers about microwaves from General Electric's Consumers Institute.



What are microwaves? They're short, high-frequency radio waves generated by a special kind of tube called a magnetron tube. Microwaves are similar to AM, FM or CB radio waves, but are much shorter.

How do they work? Microwaves are "broadcast" into the microwave oven cavity and penetrate 3/4 to 1-1/4 inches through the food surface. Inside the food, mi-

crowaves cause food molecules to vibrate millions of times each second. Friction produced by the vibration creates heat which cooks the food.

Why doesn't the dish get hot? Proper "microwave oven-safe" dishes do not get hot because the microwaves pass directly through them. Plates with metal trims or certain kinds of glazing are not recommended for use, because they are affected by microwaves and can get hot.

Can you use your present cookware in a microwave oven?

You can check your own cookware for use in a microwave oven, suggests the Consumers Institute, by following these simple steps:

- Measure one cup of water in a glass cup.
- Place cup on or beside dish being tested.
- Set the oven at High and heat for one minute.
- If water becomes warm, but the dish does not, the dish is suitable for use in the microwave oven.

Does food cooked by microwave energy retain any of the energy? No. The energy is converted to heat. Neither the food, the air in the oven, nor any part of the oven is capable of storing microwave energy.

SOUNDSTAGE

SOUNDSTAGE, the series of free-wheeling concerts featuring the nation's leading jazz, folk, classical, rock, country and blues musicians, opens its fourth season Saturday, January 21 beginning at 10 P.M. over TV-10.

Performers making their SOUNDSTAGE debuts this season include Kenny Loggins, Hank Williams, Jr., Dave Brubeck, Phoebe Snow, The Doobie Brothers, Phil Proctor and Peter Bergman from the comedy team of Firesign Theatre.

Encores of programs from past seasons will feature Barry Manilow, Melissa Manchester, Judy Collins, Jackson Browne, Janis Ian, and Blood, Sweat and Tears.

From cool jazz to hot-and-heavy metal rock, SOUNDSTAGE draws its performances from a spectrum of musical disciplines. Combinations of talent, such as country-western singer Hank Williams, Jr., and violinist Vassar Clements, or classic violinist Itzhak Perlman and country fiddler Doug Kershaw, result in performances unique to SOUNDSTAGE.

For the first time, SOUNDSTAGE goes on location and tapes Kenny Loggins, Jesse Winchester and Michael Murphey at Red Rocks, the spectacular natural amphitheater in the Colorado Rockies. Jazz master Dave Brubeck is recorded in concert with his three sons, Darius, Chris, and Danny. In rehearsal at home in Connecticut, in a solo tribute to the late Paul Desmond, in the Brubeck-composed and orchestrated ballet "Glances," and in an intimate conversation about his life and work, the many facets of this musical genius are demonstrated.

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