

The 39 Prohibited Categories of Creative Labor

Class 4

הטוחן - Grinding

What:

Reducing an item down to smaller parts suitable for a new use such as:

Chopping, crushing and pulverizing.

Rabbinical prohibition: Therapeutic treatments of any kind

Do:

Chew food (מיד)

Make Israeli salad for immediate use (best to make pieces a little bigger than usual)

Bash fruits with the back of a spoon or plate.

Cut fish in to small pieces (אין טוחן אלא בגידולי קרקע באוכלין)

Crush a matza in to matza meal (אין טוחן אחרי טוחן)

Crush pepper corns with the handle of a knife (שינוי)

Take medication for serious, painful, or chronic illness

Do complete taking every dose of medication in a series of doses over time for illness

Take vitamins to maintain health

Drink a hot tea for a cold or prune juice (דרך בריאים)

Remove a splinter, remove of stinger, pop a painful boil or stop bleeding

Use plain non medicated powder

USE deodorant and antiperspirant sprays

Put on a non-medicated bandaid

Eat or drink something with a medicine dissolved in to food or drink before shabbat
and is not recognizably there

Put ice on a wound

Eat an ant-acid before a meal

Don't:

Grate any food with a grater

Mash dried figs or dates

Make wood chips

Crushing rocks

Splitting reeds in to strips

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Thinly julian vegetables for a later time
Crush candies
Take pills or liquid medicine
Place medicinal powders or lotions on the skin
Apply herbal alternative medicines
Jog, run or exercise
Take vitamins to improve ones health

וְהִמְרִקָּד - Sifting

What:

Using a device to separate out materials from a mixture such as by
Sifting or Straining with a device

Do:

Use a salt shaker
Pour off wine or tea leaving behind the sediment or leaves
Remove large vegetables with a slotted spoon from soup

Don't:

Use a salt shaker with salt and rice in it
Use a tea bag unless it is removed with a spoon
Sift clumpy sugar through a sieve
Filter out tea leaves
Filter out pulp from fruit juice
Filter out sediment from wine

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שְׁהִלָּה - Kneading

What:

Combining very tiny items in to a mushy or solid mass using a liquid

Do:

Place a lot of mayonnaise on top of horseradish (opposite of normal order) and stir with the back of a spoon.

Mix choco powder in to the milk not the other way around

Mix ketchup and mustard together

Prepare a loose baby cereal by pouring the liquid first then the cereal and mix with the back of a spoon

Mix butter in to mashed potatoes

Don't:

Pour water into flour even with out mixing

Mix oil into a mashed avocado

Mix juice into a mashed banana

Mix water with matza meal

Make a mustard poltice

Make or even play with play-dough

Thicken gravy

Make Kosher Jello