

Sofstyle Curlers

What are hairstyles coming to? More hair, apparently, as fall headlines feature the longer look. Face-setting coils are a happy medium length with a deep, full crown of loose waves and soft end curls. To achieve the new hairstyles, your hair needs skillful thinning and shaping, then a new home permanent.

When waving, remember it's the curler and the method of winding the hair (not the waving lotion) which give you the kind of wave you want. Until now, it has been almost impossible to get a loose, casual rod-type permanent because the diameter of all curlers was small and gave a tight wave. Now Toni is making beauty headlines with new Sofstyle Curlers. These are much larger in diameter than any other home permanent curlers to give softer, looser waves. Because of an exclusive ventilated feature (wide open spaces on the rods) each curl is thoroughly soaked with lotion to give a wave that just won't wash out.

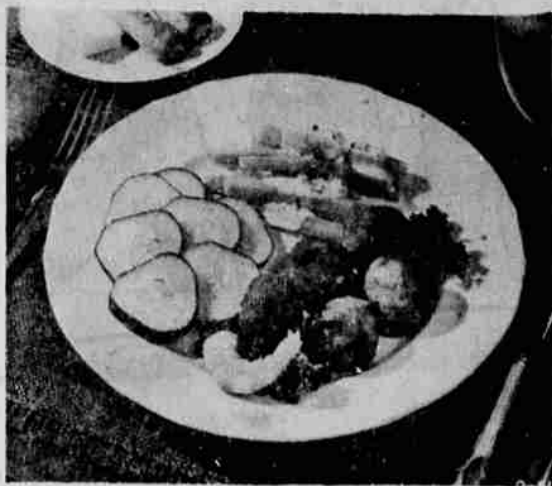
Soft style Curlers are easy to handle and can be used with any home permanent wave kit. The featherweight plastic curlers are so sturdy that they will hold up through many permanent sessions. After use, just rinse in cool water and save them from permanent to permanent.

So, plan now for your next home wave. Get your permanent tools together and select a kit that is made for your hair and a method—separate or self-neutralizing—that fits your schedule. And choose new Sofstyle Curlers to give you the basic wave you need for a soft, flowing hairstyle.

BAKED FIGS WITH BANANAS
12 California Dried Figs
4 ripe bananas
1/2 cup sugar
2 tablespoons lemon juice
With scissors, snip stems off the stewed figs. Then cut the figs in half. Place in a flat baking dish, alternately with bite-size slices of bananas. Sprinkle with sugar and lemon juice. Broil slowly or bake in a hot oven (400 degrees) for about 12 minutes or until the juice runs from the bananas and they are lightly brown. Serve as a hot garnish for meat or fowl. Serves three or four.

FLAMING DESSERT
Mandarin Orange Flambee is a conversation piece dessert that is easy to make. In a chafing dish or skillet, slowly melt 1/4 cup of currant jelly. Add one can Mandarin orange segments, drained, and stir gently. Place 1/2 cup brandy in center of oranges and heat through. Light with a match; then spoon flaming oranges over individual servings of vanilla ice cream.

PROTEIN
One-half cup of cottage cheese supplies as much high quality protein as one serving of meat. It makes delicious main dishes, whole meal salads and desserts.



Croquettes

Americans lead the world in their fondness for deep fat fried foods. There's something pretty wonderful about food fried in deep fat—fresh doughnuts, French fries and croquettes, to name a few.

The Shrimp Association of the Americas suggests the following recipe and suggestions for frying food in deep fat:

Use enough oil or fat to cover the food. Allow two or three inches between the fat and the top of the pan so the fat will not bubble over. It's best to use a pan with straight sides and a frying basket to lower the food into the pan.

Heat the fat slowly. If you don't have a thermometer, drop a cube of bread into the hot fat. If it

browns in 40 seconds, the fat is ready for frying. Fry only a small amount of food at one time. Take out all scraps of food. Otherwise, they will burn and smoke up your kitchen.

When the food is brown, remove it from the fat and let it drain on absorbent paper.

SHRIMP AND RICE CROQUETTES

- 3 tablespoons butter or margarine
3 tablespoons flour
1/4 cup milk
1 cup cooked rice
1/2 cup grated process cheese
2 tablespoons grated onion
1 cup finely chopped cooked shrimp
1 teaspoon salt
1/2 teaspoon pepper

Dash cayenne
1/2 teaspoon dry mustard

Melt butter, remove from heat and stir in flour. Return to heat and gradually add milk, stirring constantly over moderate heat until thick. Combine with remaining ingredients. If there is time, chill mixture for easier handling. Shape into small balls. Mix 1 egg with 1 tablespoon of water and

beat slightly. Dip shrimp balls into egg mixture; then roll in fine dry bread crumbs. Fry in deep hot fat (390 degrees) until browned; about two minutes. Drain on absorbent

paper. Makes about 24 small croquettes, or six servings.

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OCTOBER started off with the national Shrimp and Rice Fiesta. Here are Shrimp and Rice Croquettes, a recipe which was developed especially for the fiesta by the Shrimp Association of the Americas.

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