

PARTY LOAF

Friday night dinner party ever stump you when you realized that some of your guests wouldn't be eating meat? This "Avocado Shrimp Bake" is the perfect answer for such a quandary. It's a real partitioned main dish. Smooth slices of green Calavo avocado and curly pink shrimp in a rich cheese sauce, over rice, are colorful as can be. And you can prepare the whole thing ahead, except for slicing the avocado, so you won't have to be a hostess who pulls a disappearing act in the kitchen, and misses out on all the fun!

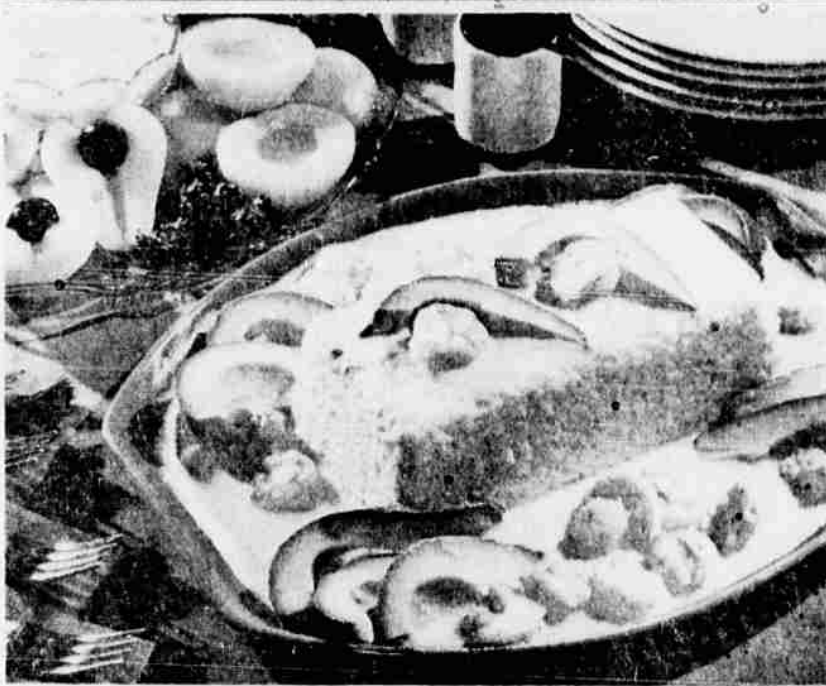
AVOCADO SHRIMP BAKE

4 cups hot cooked rice (1 1/2 cups before cooking)
3 tablespoons butter or margarine
3 tablespoons flour
1 1/2 cups milk
1/2 teaspoon salt
3/4 cup grated American cheese
1 cup (5 1/2-ounce can) cleaned, cooked shrimp
1 large Calavo avocado

Lightly press rice into well-buttered 9 1/2 by 3 1/4 by 2 1/4-inch loaf pan. Keep hot until time to serve. Melt butter and blend in flour. Add milk and cook, stirring, until thick and smooth. Add salt and cheese, and stir until cheese melts. Add shrimp. Turn rice mold onto platter and spoon sauce over it. Cut avocado in half and remove seed and skin. Slice fruit over rice and sauce.

CRUMB IT GOOD

Use the fine blade of a food chopper when you put ready-to-eat cereals through to make fine crumbs.



WHEN YOU WANT a rice dish to look like a party, mold the cooked rice in a loaf pan or ring mold, and spoon cheese-avocado-shrimp sauce over the top. Combining everything in a baking dish makes it look more like a family-style casserole. For dessert, serve well-chilled canned fruits with sour cream dressing. Photo and recipe suggestions are from the California Foods Research Institute.

COOKIES

Let your junior cooks or "Brownies" prove themselves with these no-mess cookies. Beat two eggs with 1/2 cup sugar and fold in 1/2 cup cornflakes, 1/2 cup each light or dark raisins and peanuts. Let stand 30 minutes before dropping onto greased baking sheet. Bake in moderate oven about 10 minutes.

CRAB IN WINE GELATIN

Mold crab meat in lemon gelatin made with part California Sauterne wine. Add plenty of crisp celery, a touch of dill or curry and grated lemon rind, and chopped pimiento or green pepper. Serve with hot cheese biscuits and chilled Sauterne.

LUNCH

It's cling peach and cottage cheese time. Serve big bowls of peach and cottage cheese salad for a filling meatless lunch. A sprinkling of grated orange rind, chopped nuts or sliced dates makes a delicious topping. Plenty of hot buttery toasted raisin bread goes well with this.

GRAY HAIR

Has gray hair got you down? Made you think the day, adventurous part of your life is over? Listen, now you can have the second youth you dream of. You can look young and alluring, in spite of gray hair. Now you can easily and quickly, without fuss, in your own home, give your hair a sparkling blue or violet aura to make you look exciting and pretty.

You perform this magic with "Mist of Blue" or "Mist of Violet," new shades of Color Lift, which genius Helena Rubinstein has created with you in mind. In fact, you may now take your pick of six beautiful fashion-right shades to blend or highlight your gray hair: "Mist of Blue" and "Mist of Violet" bring an aura of soft pastel; "White Pearl" and "Silver Shimmer" promise pearly sheen and silvery highlights; "Misty Pearl" means slate tones; "Black Lustre" translates into charcoal effects. Each of these fascinating shades instantly banishes the dull yellow and aging tones of your hair, and leaves you looking radiant.

Fix your hair for the man in your life, just as you select pretty flattering clothes. Brush your hair vigorously every day for a silken gleam; hand massage your scalp. Above all, see there are no straggling ends or untidy wisps to mar your silhouette. Men love fresh, fragrant hair and a neat, well-defined coiffure. Children love it, too.

Pay more attention to your wardrobe — select the most romantic gowns you can find for

memorable occasions. At this time in your life you should have the most glamorous, feminine negligees: dashing evening dresses and very well-cut day clothes. When you appear, you should feel

and look assured, poised and glamorous.

Your hair is the most enormous help in helping you gain this assurance and self-confidence, for if your hair is dull, gray and neglected, it can spoil the whole picture of you.

PERK IT UP Basil is usually suggested as a toner-upper for tomato dishes; try it, too, in mixed green salads.

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