11.
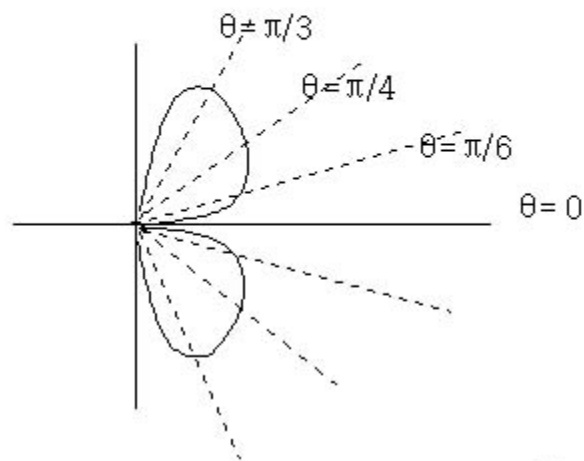
$r = 4 \sin^2 \theta \cos \theta$

19.