



HONORED BY QUEEN—Arthur Wint (left), Jamaica's most celebrated runner, is shown with his wife and brother at the gates of Buckingham Palace before Wint went to the investiture held by Queen Mother Elizabeth. Wint was honored with the Order of the British Empire. (Newspaper Photo)

NEW DUSTER HOUSECOATS STRESS EASY CARE

The newest fashions in duster housecoats are made in a variety of patterns that wash in no time at all and require no ironing. Terry cloth is popular for spring, too, especially in prints that will look well on the beach later when you take your duster to cover your bathing suit. Whatever the fabric, just add them to let them dry and get right into them again.

They're always thinking up new home-and-take-care-of-the-house-cloth ideas that simple phrase certainly takes a lot of activities. The latest suggested names are "household engineer" and "automatic operator."

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STRAIGHT BOURBON WHISKEY—PARK & TILFORD DISTILLERS OF KENTUCKY, INC.

YMCA Slates Older Boys Conference April 23-25

The 24th Annual N. C. YMCA Older Boys Conference will be held at the West Charlotte High School, Charlotte, Friday, Saturday, Sunday, April 23, 24, 25. It has been announced by E. L. Ralston, Y. M. C. A. executive director.

Lent Is Time for Self-Discipline

By Thomas F. Strinsky, PFS Staff Writer

ON THE SPORT PAGES occasionally appear the training schedules of our nation's best athletes. Some swimmers daily race 150 lengths of the pool. For months a football team spends several hours a day on the field. Baseball clubs have weeks of drill before they appear in the stadiums of the country.

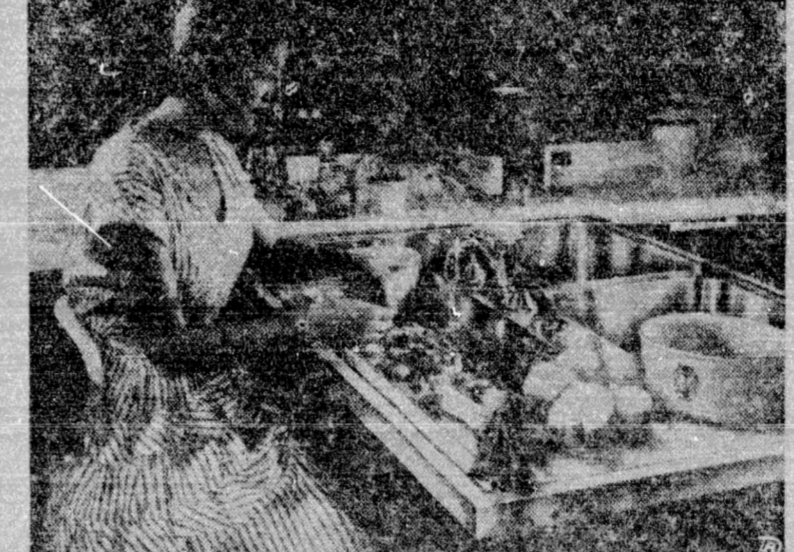
Long hours of practice, balanced diets, and the careful pacing of the day are necessary to perfect the body and give the mind mastery over muscle and nerve. Every athlete has drenched his perfected skill in his own sweat.

ST. PAUL OBSERVED this rigid self-discipline in the athletes of Rome and Greece. Every athlete must keep all his appetites under control, and he does it to win a crown that fades. No wonder, then, that Paul was determined to discipline himself in order to gain the imperishable and unchanging prize—eternal happiness with God. God holds out that prize to us.

Lent is the time of year when Christians should concentrate on the meaning and practice of self-discipline. During the forty days before Easter, Christians have always tried with special effort to get better control of themselves.

City Schools, and other leading personalities. The theme for the three day conclave is "Youth Participation in An Ever Changing Society" and outstanding persons in various fields will discuss aspects of the theme. Principal program features will include business sessions, group discussions, motor tour of the city public session with an outstanding keynote speaker, elimination contests, "East vs. West", Banquet, Dance, Conference session and devotions. The Charlotte entertainment committee for the conference is headed by Dewitt R. Best, general chairman, C. L. Blake, currently president of the N. C. Teachers Association and Edgar C. Goodwin, YMCA executive secretary. Public schools, H. Y. Gray clubs YMCA's and other boys agencies are invited to send delegates. Further information may be secured from E. L. Ralston, Director, N. C. YMCA Older Boys Conference, Raleigh.

New "Sit-Down" Sink



CHICAGO—Now the homemaker can prepare meals comfortably seated at the revolutionary new "sit-down" sink, made of stainless steel and including three bowls. Elks Manufacturing Company here developed it in cooperation with House Beautiful magazine. The peninsula type sink has three bowls—the shallow one for preparation, the deep one for rinsing and dishwashing. A swivel mounted faucet and the spray series all three bowls. Where the conventional counter arrangement is preferred, the "sit-down" sink is available in a two-bowl design—one shallow and one deep. The homemaker, shown above is preparing shrimp at the "sit-down" sink, her back supported by positive chair and her knees well under the shallow sink bowl, thus relieving tire some bending and reaching. The sink, photographed in the kitchen of the fabulous 1954 Pace-Setter house designed and built by Architect Alfred Parker, is made by the world's oldest and largest manufacturer of stainless steel sinks.

Parents Must Train Leaders for Christ's World

By Rev. James Keller, Director, the Christophers

IN EVERY HUMAN being God has implanted, personally and individually, a special power to influence mankind for good. When parents realize this, they will become Christ-bearers. And when parents realize this same power in their children, they will inspire them to become Christ-bearers also.

Then parents will be less concerned that their sons and daughters choose profitable careers, and more concerned that they find for themselves a sphere of influence for good. In so far as parents see them as instruments of God, they will automatically avoid that inclination of so many parents to over-emphasize self-preservation, self-development, and self-enjoyment. OUR PURPOSE IN LIFE is not just to take care of ourselves and let the world "go to the devil." Our first earthly concern, of course, is our own security. But once that is achieved, then the food, the housing, the clothing, and the education of others should be our concern. This unselfish attitude toward

other children should teach their children before they reach manhood and womanhood. Parents should teach them not to retire into their own insulated "nothings," leaving the running of the world to those who either hate Christ or who know Him not. INSTEAD THE CHILDREN will become other-Christ's, eager to help feed a hungry world, eager to bring peace to a world divided against itself, eager to speak the truth to a world which has been too often listening only to lies. Good parents, you have a life ahead of you. Over the years you have a thousand opportunities to train your children to be leaders, not followers; to choose a life's work, not for the salary alone, but for the influence which that work affords. You cannot and dare not delegate that responsibility to others. YOU PARENTS are far too important to preoccupy yourselves about little things. You are too powerful a force for Christ to "fiddle while Rome burns." With God's help, you can bring the Christ-like virtues back into the blind, uncaring world. For all of you, this is a breath-taking opportunity, a tremendous challenge. There is no time to lose.

How Well Do You Know Coffee?

Because ideal coffee growing conditions are between 65 and 70 degrees the plants are extremely sensitive to frost. They also need plenty of water and must be sometimes fertilized. Millions of trees were destroyed by frost-kills last year.

The fruit of the coffee tree is called a cherry and resembles our edible cherry. It takes 9 months before the tree matures. If then harvested about 200 cherries, each of which must be hand-picked.

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The CAROLINIAN Your Newspaper

Marian Anderson In Concert At F. S. T. C.

FAYETTEVILLE — Enthusiasm continues to mount for what everyone looks forward to as the musical treat of the season for Fayetteville and nearby towns when Marian Anderson, internationally famous concert artist, appears in concert in the spacious new auditorium at the Fayetteville State Teachers College, Fayetteville, N. C. on Friday evening, March 26. Miss Anderson, now at the height of her career, is one of the leading contraltos in our time. She is being booked by the National Concert and Artists Corporation in

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