KENNEDYVILLE

Miss Emma Shafer entertained Mr. and Mrs. Charles Gibson, of Baltimore, on Sunday.

The 4-H Club met at the home of George Lloyd Kennedy on Wednesday evening with sixteen boys present. fAter the business meeting, Wilson Sutton of the Handy Andy Club gave a very intereseting talk. Songs were sung, and refreshments consisting of ice cream, strawberries and cake were served. The meeting thn adjourned to meet with Carvel and Jimmie Sutton June 22nd.

Mrs. Carrie Hudson and Mrs. Frank Jarrell attended the service in the Presbyterian Church and we enjoyed hearing Mrs. Jarrell sing, "My Task" accompanied by Mrs. Griffith, also Prof. Goodwins address.

Miss Gladys Archibald spent the week end with her parents, Mr. and Mrs. James Archibald.

Mrs. Mary Money is visiting Mrs. Rodger Kennedy.

Mr. and Mrs. L. K. Healey, Mr. James Healey and sisters, of Norristown visited Mr. and Mrs. William Webb on Sunday.

Mr. and Mrs. Allie Atwell visited her parents, Mr. and Mrs. Thomas Jones on Sunday.

Miss Carrie and Catherine Lipscomb visited in Wilmington last week.

Mr. and Mrs. Ralph Dawson and Mr. and Mrs. Lee Jester and daughter, of Wilmington, are visiting Mr. and Mrs. Wilmer Ford.

Mr. and Mrs. Howell Crew and boys spent Sunday with Miss Lula Van Dyke and Mrs. Crew.

Mr. James Lewis spent Tuesday with his family in Betterton.

Prof. Harry Rasin and family, of Millington, spent Sunday with Mr. and Mrs. Robert Van Dyke.

Mrs. Charlie Miller entertained the Ladies Aid Society of Worton on Thursday afternoon at her home.

There will be no service in Grace Presbyterian church Sunday evening.

Children's Day service will be held in the Methodist Church Sunday evening, June 4, at 8 p. m.

Mr. and Mrs. Harry Scotten and children visited Mrs. Crisfield on Sunday.

Mrs. Morris and son, of Elkton, visited Mr. and Mrs. Lipscomb on Sunday.

Miss Ruth Grantlin, of Wilmington, is visiting her parents, Mr. and Mrs. Lewis Grantlin.

Mr. Ferguson and Miss Owens were entertained at the home of Mr. and Mrs. Elwood Baker on Sunday.

Dr. and Mrs. William Urie, of Richardson Park spent Decoration Day with relatives here.

Mr. and Mrs. William Ivy, Miss Sue Johnston, Mrs. Cleve Tucker, Mr. and Mrs. Harry Johnston and daughter, Mr. William Johnston, Mrs. James Weer and children and Mr. Hessy spent Memorial Day at Kirkwood, Del.

Louise Groves spent the week end with her cousin, Virginia Atwell.

The P. T. A. will meet in the school building next Wednesday evening at 8 p. m.

Mr. and Mrs. William Ivy and sons, Arnold and Will, Jr., of Washngton, D. C., were week end guests of Mr. and Mrs Harry Johnston.

Miss Sue Johnston and Mrs. Cleve Tucker, of Washington, D. C., spent a part of this week with their sister, Mrs. James Weer and family.

Mr. and Mrs. Charles Smyth and baby and Mr. Smyth's father, of Philadelphia, spent the week end with relatives here.

Mr. Howard Johnston, of Baltimore, spent a part of this week with his parents, Mr. and Mrs. George Johnston.

Mr. and Mrs. Ray King, and children visited Mr. and Mrs. John Boulden, near Still Pond, on Sunday.

STILL POND

Miss Yydia Hague, of Philadelphia, Pa., has been visiting her sister, Miss Laura Hague.

Miss Anna Bowers, who has been quite sick, we are glad to know is improving, her sister, Miss Jennie Bowers, of Brooklyn, N. Y., spent the week end with her.

Mr. and Mrs. Thomas Coleman and son, Thomas, Jr., with Miss Helen Ray, of Baltimore, and Mr. and Mrs. Heindle, of Wilmington, Del., spent Sunday with Mr. and Mrs. John Boulden.

Still Pond was well represented at the Children's Day service at Betterton on last Sunday evening, this Sunday, June 4th, will be Children's Day here.

Mr. and Mrs. Charles Sharp, of Philadelphia, Pa., spent Tuesday of this week with Mrs. Carl Norris.

The Ladies Aid Society will meet with Mrs. S. G. Roseberry on next Wednesday evening, June 7th.

About 50 had a very enjoyable time at the Measuring Social in the Sunday School Room on Wednesday evening, which was given by the Philathia Class.

Mrs. Wilson Smith spent this week with her daughter, Mrs. Harry Hart and family in Philadelphia, Pa.

Mrs. J. T. Nicholson and grandson, Edward Nicholson, are spending some time with the formers daughter, Mrs. Andrews in Cumberland, Md.

Mr. and Mrs. Maybe and sister, of New Jersey, have been visiting Mr. and Mrs. Walter Biggers.

Miss Edith Hepbron has returned home after spending some time with her sister, Mrs. Alice Bell at Washington Grove, Md.

Mrs. Anna Crew, of Chestertown, Md., spent Tuesday of this week with her brother, Dr. L. P. Atwell and family.

The Road To Better Health

OBESITY

BY DR. WILLIAM J. SCHOLES

During the "R" months most people put on five to ten puonds of superfluous flesh that is generally lost through the summer months. The reason is that during the winter season people eat more and exercise less than they do in "the good old summer-time." Only those whose ductless glands are especially well-balanced fail to exhibit these weight variations.

I know people who are as thin as the proverbial rail that eat three times as much as their neighbor who tips the scales at two hundred pounds. I know people who are "fat and forty" that exercise in six different ways, while their thin friend never moves a muscle if he can help it.

Fundamentally, then, being fat or thin is, in my opinion, determined by the activity of the ductless glands. These are the pineal body and pituitary gland (in the head); the thyroid (in the neck); the mammary glands (breasts); the adrenals (on top the kidneys), the ovaries and testes.

Each of these glands secretes a fluid that enters the bloodstream, and the resultant mixture regulates most of the more important vital processes. Thus, a person who is born without a thyroid gland remains a midget, and one with too much pituitary substance becomes a giant.

Study Discloses Defects

Between these two extremes we find the people who are normal in every respect, save that they are too fat or too thin. And a careful study of each case will disclose some defect in one of the ductless glands. For example, we are all familiar with the rapid gain of weight in women, after the menopause or after operative removal of the ovaries. Ovarian deficiency is a well-established cause of obesity in some cases. In others, the the cause may lie somewhere else.

Working on this theory some industrious persons have put on the market reducing remedies consisting of the active principle of these glands. Generally they are obtained from the glands of sheep and,although suitable for one person they may be harmful to another. Consequently preparations of this kind should be taken only under the guidance of a physician.

In no case, however, is the administration of these gland extracts sufficient. The individual must regulate his diet and exercise, as well. This it becomes necessary to cut down on starches and sugars (potatoes, white bread, pastries, candy, because these are fattening. At the same time the fats must be oxidized by exercise to prevent their accumulation in the body.

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