

Smithport Resident Honored For 85 Years Of Grange Membership

HARRISBURG — Beatrice Day, a resident of Sena-Kean Manor in Smithport, has been recognized by the National and Pennsylvania State Grange for a distinguished accomplishment in her life — 85 years as a Grange member.

National Master Edward Anderson congratulated Miss Day on becoming an 85-year member of the Grange. "It is my pleasure to extend to you recognition and a 'thank you' for 85 years of dedication, time and talent in the faithful service of our Order," he wrote.

Miss Day, who turned 99 Dec. 16, joined the Grange in 1901 at the age of 13. The teenager and her family began when the Valley Grange first was organized. Since then, her home grange has merged with Norwich Grange.

Miss Day was the secretary for her grange for 50 years. She recalled her fondest memory of the Grange. "I received the 7th Degree at the national convention in Ohio. That was a fine memory." However, Miss Day could not recall the year in which she received the Degree. (The 7th Degree is the highest level of membership a Granger can reach.)

Granger Day regreted not being able to continue her active involvement with the Grange. However, she continues to read the Advocate, the Pennsylvania State Grange newsletter, and keep abreast of the Grange activities.

"I have to depend on others to take me to the meetings. On Nov. 1, I went to a meeting," said the long-time Granger.

That she did. Ruth S. Carlson, Pomona Grange lecturer in Kane, spoke highly of Miss Day. "She was remarkable," said Mrs.

Carlson. "In fact, at the meeting when they announced who she was and her list of involvements they made a mistake. A mistake Beatrice quickly corrected!"

The Granger recalled the fond times she spent with her family at the Grange. "We met in homes and other local granges before we owned our grange hall. We would go to the Grange to have fun.

"There were dances. The young folks played games and square danced." She named games such as the needle's eye and drop the handkerchief. "There was no spin the bottle," she laughed.

In her spare time, the 99-year-old enjoys reading. "I read a lot, books, papers, anything."

Upon receiving the letter from Master Andersen, Mrs. Carlson presented Miss Day with a flower. The State Grange presented her with a pin thanking her for the many years of service.



Not many people can boast about 85 years as a Grange member but 99-year-old Beatrice Day can. Miss Day, left, is full of Grange pride as she accepts a flower presented by Ruth S. Carlson, Pomona Grange lecturer of Kane.

Diet

Therapy

For Arthritis

Diet therapy for arthritics has been considered fringe medicine, but recently, clinical test results have begun to appear in the scientific literature, indicating a new interest in this area.

According to Maryetta Dorricott, Delaware County Cooperative Extension home economist, the general concensus is that dietary factors do not cause rheumatoid arthritis, but they may play a role in promoting or relieving the symptoms once the disease is established. This may be important news to the nation's six to eight million Americans who have arthritis.

In a recent study reported in The Lancet patients were placed on an elimination diet made up of only those foods unlikely to cause an allergic reaction. Possibly allergy-causing foods were reintroduced one at a time. Foods that produced an allergic reaction then were eliminated from the person's diet.

The findings showed those given dietary treatment improved significantly while those receiving a placebo treatment did not. No specific dietary component was reported to have a consistent effect. Patients apparently responded individually to a variety of dietary changes. Why the different responses? Possibilities include actual reduction of food intolerances, changes in food absorption in the intestine, weight reduction and changes in prostaglandin synthesis.

Although more research needs to be done, rheumatoid arthritis patients may wish to seek the help of a reputable physician or dietician to test the effects of dietary manipulation on their symptoms.

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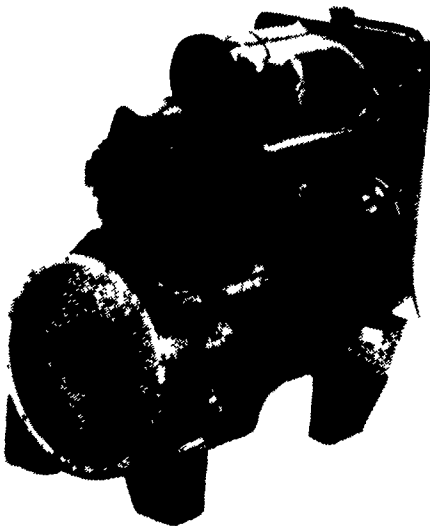
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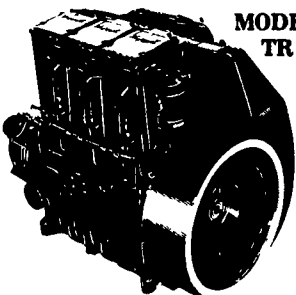


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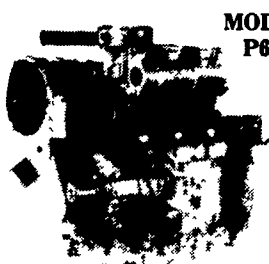
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