The Sunflower.

The common tall sunflower is said to have derived its name from its resemblance to the radiant beams of the sun. This flower is turned to many economic uses. It furnishes the finest honey and wax. When the seed is crushed as linseed is it will produce the finest oil in larger quantities in proportion to any other seed for the table as well as the painter, particularly in mixing green and blue paints. The cake is superior to linseed for fattening cattle; the oil makes most excellent soap, very softening to the hands and face, and better than any other for shaving. Sheep, pigs, pigeons, rabbits and poultry of all sorts will fatten rapidly upon the seed, pheasants in particular, becoming much glossier in plumage and plumper in body. And when shelled and ground it makes the finest kind of flour for bread, especially tea cakes.

Domestic Vindication of the Abused American Pie.

A certain mother, who had been seized with the Anglomaniac fever, endeavored to keep house on strict English theories. Certain American dishes were never to come upon her table, and on the banished list were pies, "pizen things," as they were by her then considered. This rigorous exclusion of the national dish, which is universally considered one of the corner-stones of the Constitution of the United States, resulted in a little rebellion right in her own family; for her children as they grew older, realized that they were being deprived of their "inalienable rights," and not wishing to grow up and become deficient and incompetent citizens, simply from a lack of pie, demanded its restoration, so that American pie finally reappeared on that Anglomaniac table, at first by way of compromise, under the name of "tarts." The mistress, realizing that pie neither affected the health nor the social standing of the family, now permitted pies to appear in their native loveliness, and the children rejoiced in genuine, unmitigated American pie, including all the varieties of apple, pumpkin, mince, berry, etc. Moreover, in explanation of the surrender, the lady declares that her children all have good clear skins, and that a good pie is just as easily digested as any other dessert, and that the fact of its being wholesome or unwholesome depends, as is the case with most food, on the cooking.

Give the Wife a Vacation.

A man usually works eight, ten or twelve hours a day, as the case may be; but when he is done he is done, the remainder of his time is a holiday. He may do as he chooses, go about, read, sleep, etc., but he has a little of his time from labor. Is this the case with the wife? True, she has not worked all day in the sun, but she has been very busy. His work is now ended for the day. How is it with her? Does her day's work end with his? Not at all. Cares follow her all over the house. The cooking, the baby to attend to, to-morrow's breakfast to look after, stockings to mend for the last of the week or a dress or pants to finish that the children may be able to go to church. All this she does while he sits and smokes or reads the evening paper.

Can't the man arrange for a week's trip for his wife? It will surely be a refreshing change in the life of his hard-working wife, and will be of great benefit not only to the health but to the spirits, and a change from the every-day routine of life that is, as we said, refreshing, and worth, in the long run, all it costs.

A Warning to Women.

"Don't put that money in your mouth!" was the startling ejaculations of an old gentleman to the young lady in the street car yesterday, as the lady placed a coin between her teeth while she closed her purse and put on her glove. She looked up with such a sudden start that the coin dropped down on the car floor, and after the old gentleman had fished it from between the slats and handed it to the blushing girl, he said: "Ten chances to one that money has been in the hands and pockets of thousands of persons. You received it at the grocery, where it had just been paid in by an Italian who purchased some macaroni. The Italian received it from a newsboy whose shoes he mended, and the newsboy got it from a gentleman who bought a paper of him. The



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gentleman got it in the cigar store, where he purchased his tobacco, and it was brought to the cigar store by a farm-hand who received it in change when he bought his glass of beer in a neighboring town. The saloonkeeper received it from a tramp, who had lately come from New York and it was given him only a few days before by a charitable lady who received it during her shoping. Thus it travelled and thus coins go day after day-now in respectable society and now in the possession of dirty, filthy people, in all kinds of hands and in all kinds of mouths. They are picked up out of gutters and streets, rolled around on floors, stored in all kinds of boxes and receptacles, handled by everybody, and they are not fit to be held between the teeth of such a pretty lady as you are." But long before the old gentleman had concluded the young lady was wiping her mouth with her handkerchief and had mentally resolved never, never, never to put any more money in her mouth.

Science Befuddled.

Dr. Optycuss -" You are standing at 18 feet. Can you read these letters?"

Patient-" No sir."

Dr. Optycuss-"Approach two feet nearer.

Patient-"No, sir."

Dr. Optycuss-" Most remarkable case I ever met. Stand four feet away from the chart. Can you read now?"

Patient-" No, sir."

Dr. Optycuss-"Great Pisistratus! am I mad? Young man, you are the most remarkable case that has ever come to my experience. You conquer me. You can know more about yourself than I do. Have you any idea why you can't read these letters?"

Patient—" Perhaps because I never learned to



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Respectfully,

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