

March, April, May

There is a best time for doing everything—that is, a time when a thing can be done to the best advantage, most easily and most effectively. Now is the best time for purifying your blood. Why? Because your system is now trying to purify it—you know this by the pimples and other eruptions that have come on your face and body.

Hood's Sarsaparilla and Pills

Are the medicines to take—they do the work thoroughly and agreeably and never fail to do it.

Hood's are the medicines you have always heard recommended.

"I cannot recommend Hood's Sarsaparilla so highly as a curing medicine. When we take it in the spring we all feel better through the summer." Mrs. S. H. Neal, McCray, Pa.

Hood's Sarsaparilla promises to cure and keeps the promise.

The Beginning of It. Judge—You provoked this fight yourself, didn't you?

Prisoner—No, sir, he done it.

Judge—But you struck the first blow. Why did you?

Prisoner—Because he sez to me: "If Ol am wan, yer's another."—Philadelphia Press.

An Awful Jolt. Saphed—I—aw—knew in advance that we were—going to have a beastly hard winter, doncher know, Miss Castique—Indeed! And how did you know it?

Saphed—I—aw—felt it in me bones. Miss Castique—Really? Then you are a believer in the old goose-bone theory.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of J. C. Watson

The Mystery. "The plain people," said the weary millionaire, "don't know what the rich have to put up with."

"Don't you believe it?" replied the plain man. "We know you've got the money to put up with, but we wonder how some of you ever got it."—Philadelphia Press.

Preliminary Practice. "Your friend hasn't had his automobile very long, but he seems to manage it exceedingly well. He seems particularly clever at steering through a crowd of clerks."

"Oh, Popple's all right. He has had years of experience with a baby carriage."—Philadelphia Press.

Beware of Ointments for Catarrh That Contain Mercury. As mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is tenfold to the good you can possibly derive from them.

Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally, and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by Druggists, price 75c per bottle. Hall's Family Pills are the best.

The Proper Thing. "I hope you do not consider it wrong for a young lady to wear fine clothes and jewelry," said Miss Giddings.

"Certainly not," replied the parson. "If the heart is full of vain and ridiculous things, there can be no objection to adorning the face."

Friendly Advice. "I'd advise you to take this poem to a chiropodist," said the editor in a kindly tone.

"Because why?" queried he of the uncut hair.

"It's feet need attention," replied the editor.

FIBROID TUMORS CURED.

Mrs. Hayes' First Letter Appealing to Mrs. Pinkham for Help:

"DEAR MRS. PINKHAM:—I have been under Boston doctors' treatment for a long time without any relief. They tell me I have a fibroid tumor. I cannot sit down without great pain, and the soreness extends up my spine. I have been down stairs both back and front. My abdomen is swollen, and I have had flowing spells for three years. My appetite is not good. I cannot walk or be on my feet for any length of time.

The symptoms of Fibroid Tumor given in your little book accurately describe my case, so I write to you for advice." (Signed) Mrs. E. F. HAYES, 252 Dudley St. (Roxbury), Boston, Mass.

Mrs. Hayes' Second Letter:

"DEAR MRS. PINKHAM:—Sometime ago I wrote to you describing my symptoms and asked your advice. You replied, and I followed all your directions carefully, and to-day I am a well woman.

"The use of Lydia E. Pinkham's Vegetable Compound entirely expelled the tumor and strengthened my whole system. I can walk miles now.

"Lydia E. Pinkham's Vegetable Compound is worth five dollars a drop. I advise all women who are afflicted with tumors or female trouble of any kind to give it a faithful trial." (Signed) Mrs. E. F. HAYES, 252 Dudley St. (Roxbury), Boston, Mass. —\$5000 forfeit if original of above letters proving goodness cannot be produced.

PISO'S CURE FOR CONSUMPTION

THE CUCUMBER CURE.

Mrs. Parker heard the rattle and squeak of a wagon, and moved by a gentle friendliness, looked out the window to see who was passing. "I declare, it's the doctor!" she exclaimed. "I guess I must be getting deaf and stupid not to know old Barnum's jog and the sound of the doctor's wheels. Always need a little grease. But he doesn't," she added, warmly. "He's oiled to all eternity; never any but mellow sounds come from him."

"Oh, I guess Dr. Harley means to be pleasant," said Ethel, with reluctance.

Mrs. Parker looked at her visiting niece. "Means?" she repeated. "Why, he is pleasant year in and year out, in joy and in sorrow."

"There's such a thing as being too pleasant," hinted Ethel.

"Why, Ethel!" exclaimed Mrs. Parker, with as much severity as she could assume. "If you're got a grudge against Dr. Harley out with it."

"I suppose it is just his way," said Ethel, weakly, yet with a touch of vindictiveness in her voice.

"What's his way? Come, don't mull it over," advised Mrs. Parker.

"He doesn't take one seriously," said Ethel, with dignity.

"Not unless you're awful young," Mrs. Parker dryly commented.

"I met him last week," continued Ethel, shedding her aunt's mild satire, "and there'd been something I'd wanted to ask him for a long time, but I didn't quite like to go to his office—about my freckles," and her face flushed rosily under its golden spatter-work.

"I read over so many recipes for removing freckles," she went on, "but they were made of such queer-sounding things and the proportions were so vague that I was afraid if I used them I might come out spotted with green or purple, and look worse than ever. But just before I came on from Ohio I read something in a 'Beauty Column' that sounded harmless. So when I happened to meet the doctor, I said: 'Dr. Harley, I believe eating cucumbers is a sure cure for freckles. Is it?'"

"Yes," he said, and he smiled, and he said: 'a sure cure—if the freckles are on the cucumbers.'"

QUEER BATTLEFIELDS.

On Ice and Underground Men Have Made War.

When the American marines and the Colombian troops recently confronted each other at Colon it looked for a time as if a battle was to be fought on the pier of the Royal Mail Steamship Company.

A pier is rather an unusual place to fight a battle, but battles have been fought in many curious places, ranging from mountain peaks to sewers, and from ice fields to desert sands.

At the battle of Monterey, in the Mexican war, the Americans were able to command the streets of the city with their artillery, but they had difficulty in dislodging the Mexicans from the houses. So, the city being built of stone or adobe in solid blocks of houses, the Yankees broke through the walls from one house to another, fighting and driving out the enemy, so that the battle of Monterey was largely fought indoors.

In one of the battles of the wars of William the Silent for the independence of the Netherlands, the Spanish ships were frozen in on the Zuyder Zee. The Dutch came out on horseback over the ice and attacked them. This is probably the only battle in which cavalry was ever used directly against ships. Several other combats were fought between troops on the ice in these wars, and on one occasion the infantry is said to have worn skates.

The battle of Austerlitz was partly fought on a frozen lake, and when the allies were retreating across it, the shot from the French artillery, plunging into the ice and breaking it up, caused the death of thousands of Russians and Austrians.

Of the many underground battles which have taken place in history, the fiercest was probably that of the siege of Haarlem in the Dutch wars. The Spaniards mined and the Dutch counter-mined with equal industry, and below the ground a fierce conflict raged.

When the Versailles troops took Paris after the Commune they chased some of the Communist troops to the great sewers of the French capital, where some desperate struggles took place.

An Ancient Wreck.

By the aid of a diver from St. John, Thomas Burns, a fisherman from Sea Wall, N. S., has recovered nearly \$18,000 in gold from the hull of a wrecked vessel for which he paid 21 shillings, and he expects to find even more treasures in the hull if luck and fair weather continue.

The wreck was that of a brig which was lost a mile below Centerville seventy years ago. She is said to have been the Barbette, which was wrecked on her way home after a three-years' trading cruise in South American waters. It is said that her commander and his son had on board for the owners \$60,000 in gold, the profits of the trip.

Thomas Burns bought the hull as it stood for 21 shillings for the sake of the copper nails and fastenings, which he secured years ago. Knowing that a diver was exploring other wrecks in that vicinity, Burns engaged him to look into his own, with the fortunate results recorded.

Most of the gold coin recovered is Spanish. A good deal has seemingly fused into a mass by being submerged so long in the sea water. One piece bears the date of 1824, and is stamped Republica el Colombia. Others are dated 1817. Burns was a man of very limited means. By his new find he now becomes one of the richest men in his locality.—New York Times.

A Striking Affair.

He struck a striking attitude, and then he struck a friend.

Who struck him for a dollar that he didn't care to lend.

Polly Fry.

Truth is mighty, but a good deal of it is suppressed.

Ayer's Cherry Pectoral

For hard colds, bronchitis, asthma, and coughs of all kinds, you cannot take anything better than Ayer's Cherry Pectoral.

Cherry Pectoral. Ask your own doctor if this is not so. He uses it. He understands why it soothes and heals.

"I had a terrible cough for weeks. Then I took Ayer's Cherry Pectoral and only one bottle completely cured me."

Mrs. J. B. DAWSON, St. Joseph, Mich.

For Coughs, Colds

You will hasten recovery by taking one of Ayer's Pills at bedtime.

Girl Students at Oxford.

The proportion of women students to men students in Oxford is about 300 to 3,000, and it has been only about a score of years since women were admitted, while men have had the advantages of the university for centuries.

All the teaching of the women is under the Association for the Education of Women in Oxford. There are no class or lecture rooms, and no teaching except private tutoring in the halls—that is, Lady Margaret Hall, Somerville College, St. Hugh's Hall, etc. The students take up courses arranged by the association. The lectures by members of the university or by women who lecture for the association are given in a queer old building, once a dissenting chapel. Girls who do not reside in the halls board around in places recommended by the association, and are called home students.

For Growing Girls. West Pembroke, Me., March 21.—Mrs. A. L. Smith, of this place, says that Dodd's Kidney Pills are the best remedy for growing girls. Mrs. Smith emphasizes her recommendation by the following experience:

"My daughter was thirteen years old last November and it is now two years since she was first taken with Cray Spasms that would last a week and would then pass off. In a month she would have the spasms again. At these times she would eat very little and was very yellow even the whites of her eyes would be yellow.

"The doctors gave us no encouragement, they all said they could not help her. After taking one box of Dodd's Kidney Pills, she has not had one bad spell. Of course, we continued the treatment until she had used in all about a dozen boxes, and we still give them to her occasionally, when she is not feeling well. Dodd's Kidney Pills are certainly the best medicine for growing girls."

Mothers should heed the advice of Mrs. Smith for by so doing, they may save their daughters much pain and sickness and insure a healthy happy future for them.

Radium is advancing in price, the current rate being \$60,000 a pound.

The Wonderful Cream Separator does its work in 30 minutes and leaves less than 1 per cent butter fat. The price is ridiculously low, according to size, \$2.50 to \$5.00 each, and when you have one you would not care to do without it for fifty times its cost.

Just sent this notice to the John A. Salzer Seed Co., La Crosse, Wis., and get their big catalog, fully describing this wonderful Cream Separator, and hundreds of other tools and farm seeds used by the farmer. [P. C. L.]

Savings banks in New Jersey hold unclaimed amounts aggregating \$98,135.

You Can Get Allen's Foot-Ease FREE. Write Allen S. Olmsted, Le Roy, N. Y., for a free sample of Allen's Foot-Ease. It cures itching, hot swollen, aching feet. It makes new or tight shoes easy. A certain cure for corns, ingrowing nails and bunions. All druggists sell it. Do not accept any substitute.

Thibet, "the roof of the world," is a tableland three times as large as France.

ABSOLUTE SECURITY.

Genuine

Carter's Little Liver Pills.

Must Bear Signature of Dr. J. C. Carter

See Fac-Simile Wrapper Below.

Very simple and so easy to take as sugar.

CARTER'S LITTLE LIVER PILLS.

FOR HEADACHE, FOR BILIOUSNESS, FOR TORPID LIVER, FOR CONSTIPATION, FOR SALLLOW SKIN, FOR THE COMPLEXION.

Purely Vegetable.

CURE SICK HEADACHE.

THERE IS NO SLICKER LIKE TOWER'S FISH BRAND.

Forty years ago and after many years of use on the eastern coast, Tower's Waterproof Oiled Coats were introduced in the West and were called Slickers by the pioneers and cowboys. This graphic name has come into such general use that it is frequently thought wrongly applied to many substitutes. You want the genuine. Look for the Sign of the Fish and the name Tower on the buttons.

MADE IN BLACK AND GOLD AND SOLD BY REPRESENTATIVE TRADE.

A. J. TOWER CO. BOSTON, MASS. U.S.A.

TOWER CANADIAN CO. LIMITED, TORONTO, CAN.

HOW MEN COOK IN CAMP.

Take Directions from Mrs. Rorer and Meet with Success.

Various echoes from the camp reach me. Frequently I am consulted about the cooking, and am asked to furnish recipes. One year my fishermen aspired to flannel cakes. There was no reason, he said, why they should not add this dainty to their fare, especially since it was so easily made. He wrote out the directions—four, eggs, milk, soda—carefully. The sequel I heard later.

Toward the end of the week, when the campers were a little tired of the fishing and probably of each other, they decided that the time had come for the flannel cakes. It was about 3 o'clock in the afternoon, and they started at once to get them ready. One man went for the milk to the farmhouse on the hill, and while waiting my fisherman measured out the flour into an eight-quart bucket. In stead of the two quarts called for in the recipe, he took four, to be sure to have enough. As they did not have eight eggs he took five, and—think of this, ye cooks!—broke them right into the flour, and proceeded to stir the mixture until the milk arrived. He then added the milk and other ingredients, and kept a man stirring all the rest of the day to get out the lumps, which, it is unnecessary to add, could not have been stirred out in an emergency. They tell me there was a man on the road coming or going for milk for two hours, and that when they finally desisted from beating the mixture there was as much of the batter on the outside of the bucket and on the gullant cooks themselves as in the bucket. Then they baked the batter in an iron pan and had supper, and were thankful to find themselves alive the next morning. Verily, cooks are born, not made.

At another time a kinsman aspired to make an omelet, another very simple thing. He took his directions from Mrs. Rorer, learned them by heart, and kept repeating them over and over. "Give seven beats of the fork." They tell me he said it at last in his sleep. The opinion, however, was unanimous that he must have given eight beats or spoiled it some other way, but all agreed nobody had been in any danger of dying from the effects, for nobody had been able to eat it. They had better success with Saratoga potatoes, and I judge, learned to cook several things pretty well—trout, coffee, ham, potatoes, eggs. Many times during the long winter, when the blizzard summer days seem very far off, they pine for a cup of the coffee they made while camping—Forest and Stream.

QUEER STORIES

Ethnologists are of the opinion that when America was discovered there was not on the continent of North America any more Indians than exist now.

The annual loss from the burning of buildings in the United States is about \$185,000,000, not including cost of insurance and the appliances for fire protection.

When the white man first reached the city of Mexico it had three hundred thousand inhabitants, probably more than the entire population of the North American continent.

Australia wants three hundred thousand British wives, Canada wants ninety thousand, and the Cape wants like thirty thousand. It is stated that there are nearly one million more women than men in the British Isles.

The London board of agriculture advocates diminishing the number of house sparrows. It has been found by hundreds of examinations that from seventy-five to eighty per cent of the food of the adult birds throughout the year consists of cultivated grain. The aggregate total taken when the sparrows are unchecked is very large.

The London Lancet says that athletics in England have developed too much into gladiatorial displays by picked competitors struggling to win prizes or to earn wages before huge crowds of spectators, and can hardly be regarded as effective agents in the development of the physical strength and physical activity of the people.

An English lady in Japan bought a can of mushrooms and found the directions translated into English as follows: Direction—If several persons will eat this in that manner they shall feel satisfied nutrition and very sweet or it can put in the hot water for the half hour and then take off the lid. They shall be proper to eat. It can be supply without putridity for several years.

The range of the tame reindeer has been widely extended in northern Asia by the tribes that number him among their valuable assets; and now he is in process of being widely introduced into Alaska. Civilization, therefore, has done much to extend the habitat of this animal to the South, but the domesticated reindeer has not been introduced into most of the great regions of the Arctic, where the wild animal roams at will.

The "Distinguished Citizen." Once in a Massachusetts town J. A. Rills was asked by a gaunt, funeral sort of chap what he should say by way of introducing him to an assembly.

"Oh!" said Mr. Rills, in a spirit of levity, "say anything you like. Say I am the most distinguished citizen in the country. They generally do."

Whereupon his serious-minded friend marched upon the stage and calmly announced to the audience that he did not know this man Rills, whom he was charged with introducing; and had never heard of him.

"He tells me," he went on, with never a wink, "that he is the most distinguished man in the country. You can judge for yourselves when you have heard him."

Rejected for Heart Disease. In Germany the number of recruits for the army rejected on account of heart disease has risen from 9.9 per 1,000 in 1894 to 17.4. In France these figures for the same years ranged only from 3.97 per 1,000 to 4.07.

28 Army Generals Send Letters of Endorsement to the Inventor of the Great Catarrh Remedy, Pe-ru-na.

Brigadier General King, of Confederate Army.

Writes: "I unhesitatingly state that I am convinced Peru-na is a medicine that will effect all the cures that is claimed for its use."—J. Floyd King, Washington, D. C.

General Smalls, Beaufort, S. C.

Writes: "I have used Peru-na for catarrhal trouble and find it beneficial and to be all that it promises, and freely give it my unqualified recommendation."—Robert Smalls.

Gen. Abbott, of Washington, D. C.

Writes: "I am fully convinced that your remedy Peru-na is an excellent tonic. Many of my friends have used it with the most beneficial results for coughs, colds and catarrhal trouble."—Ira C. Abbott, 906 M St., Washington, D. C.

Captain Yarnell, of Washington, D. C.

Writes: "Your medicine, Peru-na, I believe to be the best medicine for catarrh on the market. I have taken only a small amount, and can see very beneficial results."—W. G. Yarnell, 2322 Lincoln street, N. E., Washington, D. C.

General McBride, of U. S. A.

Writes: "I have no hesitation in recommending Peru-na to all persons who are afflicted with catarrhal troubles."—J. D. McBride, 450 Pennsylvania Ave., N. W., Washington, D. C.

General Longstreet, of the Confederate Army.

Writes: "I can testify to the merits of Peru-na, both as a tonic and a catarrh remedy. Peru-na enjoys the greatest reputation as a catarrh remedy of any medicine yet devised."—James Longstreet, Gainesville, Ga.

General Noske, of O. V. U.

Writes: "I commend Peru-na to those who are troubled with colds producing catarrh as a most efficacious cure and as a good general tonic."—Chas. F. Noske, 213 B St., N. W., Washington, D. C.

General Erwin's Recommendation.

"Many of my friends have used Peru-na as a dyspepsia remedy with the most beneficial results."—John B. Erwin, Washington, D. C.

Brig. General Schell Benefitted.

"Peru-na is indeed a wonderful tonic, and for coughs and colds I know of nothing better."—F. M. Schell, Washington, D. C.

General Duffield, of the Union Army.

Writes: "I have used Peru-na in my family and have found it a valuable medicine, and take pleasure in recommending it to all who suffer from catarrh of the stomach or who require a tonic of efficacy."—The Cairo, Washington, D. C.

Cheerfulness makes love of life, and love of life is half of health. On the contrary, sadness and discouragement hasten old age.

Handy Hat Fasteners—Something new for the ladies. Better than hat pins. Holds any style hat on securely. Every pair guaranteed. Agents wanted. Sample pair 25c. Wright Rubber Co., Indianapolis, Wash.

FITS Permanently cured. No doctor necessary. After first day's use of Dr. Kline's Great Nerve Restorer, send for Free 64 trial bottle and treatise. Dr. R. H. Kline, Ltd., 282 Arch St., Philadelphia, Pa.

Bell vs. Belle. There's a church belle in the steeple, There's a church belle in the choir; The first to worship calls the people, And the second calls them to admire.

THE SECRET OUT. Ask it—I wonder why a doctor never prescribes for himself when he is ill? Knott—Oh, I guess it's because he can't send himself a bill.

Piso's Cure is a good cough medicine. It has cured coughs and colds for forty years. At druggists, 25 cents.

Deafness is more common in cold countries than in warm climates, the ear being very sensitive to atmospheric changes.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

Striking Coincidence. Dugan—Casey, yes clock is broke. It struck four for six.

Casey—Faith, it's more lucky than meffil, thin. Yistiddy whin Ol broke Ol hod to stroke four for wan.—Kansas City Journal.

AS OLD AS THE PYRAMIDS

That blood poison existed among the ancients has been proven beyond question. It has been traced back thousands of years, and is as old as the Pyramids. This blighting curse has been handed down from nation to nation and from individual to individual till it has spread to all parts of the world.

Contagious blood poison, as it is called in modern times, begins with a small sore or ulcer through which the virus enters the blood. This is followed by inflammation and swelling of the glands of the throat, and on the body, sores appear in the mouth and the throat becomes ulcerated, and as the disease takes a deeper hold and the blood becomes more thoroughly infected, the hair and eyebrows drop out, the skin is spotted with copper-colored spots, the bones and muscles ache, and it seems to the victim of this monster scourge there is not a sound spot in the whole body.

The horror of this awful disease can never be told. The one who contracts it suffers in body and mind, and if the poison is not eradicated transmits the taint to his children, and Contagious Blood Poison thus becomes responsible for many of the ills of childhood—Skin Eruptions, Catarrhal Troubles, Sore Eyes, Scalp Disease, White Swelling, Scrofula and others just as bad. S. S. S., the great vegetable blood purifier and tonic, has long been recognized as a radical and safe cure for Contagious Blood Poison. It counteracts the deadly virus and cleanses and purifies the diseased blood, and under its tonic effects the general health improves and soon all signs of blood poison are gone.

The strong mineral remedies, Mercury and Potash, which are so often prescribed for the disease, dry up the sores, skin eruptions and all external signs, but leave the stomach and digestion ruined and the system in such condition that the disease usually returns in worse form than ever.

S. S. S. is guaranteed a purely vegetable remedy. \$1.00 is offered for proof that it contains a single mineral ingredient. If you have blood poison write for our special book, describing the different stages and giving all the symptoms, with directions for treating one's self at home. Our physicians will furnish any information or advice wanted free of charge.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

NOTHING SO GOOD FOR CHICKENS AS THE PRUSSIAN POULTRY FOOD

It makes Hens Lay and Keeps them Laying. It cures Roup, Cholera and All Diseases. It strengthens young chicks, and makes them grow. Price 25c and 50c.

My young chickens commenced dying, and after losing four down I purchased a package of your PRUSSIAN POULTRY FOOD, which stopped them from dying, and all I constantly kept it on hand ever since.

It is just what is needed in raising poultry. C. R. HIGGIN, Latah, Wash.

PORTLAND SEED CO., Portland, Or., Coast Agents

General Butler, of South Carolina.

Writes: "I can recommend Peru-na for dyspepsia and stomach trouble. I have been using your medicine for a short period and I feel very much relieved. It is indeed a wonderful medicine besides a good tonic."—M. C. Butler.

Brigadier General Kirby

Writes: "I can recommend Peru-na to all those who are afflicted with catarrh."—General D. T. Kirby, Washington, D. C.

Gen. Powell, Hecker Post No. 443

Writes: "After using one bottle of Peru-na I became convinced of its curative qualities, and continued its use to date. All symptoms of catarrh have disappeared, yet I continue its moderate use as a preventive, and an old man's tonic."—W. H. Powell, Belleville, Ill.

Gen. Sebring, of the Confederate Army

Writes: "I can cheerfully recommend your valuable remedy Peru-na as a very excellent tonic, and also good for coughs, colds, catarrh, and general debility."—W. H. Sebring, 133 W. 4th St., Jacksonville, Fla.

General Lumax, of Washington, D. C.

Writes: "I can cheerfully recommend your remedy as a permanent and effective cure for catarrh, colds and to any one who needs an invigorating tonic to build up their system."—L. L. Lumax, 1603 19th St., Washington, D. C.

Gen. Payne, of Washington, D. C.

Writes: "I join with my comrades in recommending Peru-na to my friends as an invigorating tonic to build up the system."—Gen. Eugene B. Payne, 407 4th St., N. W., Washington, D. C.

General Talley, of Pa., Vol. U. S. A.

Writes: "Your Peru-na has been used by me and my friends as a relief for catarrhal troubles with the most beneficial results. I am so convinced of