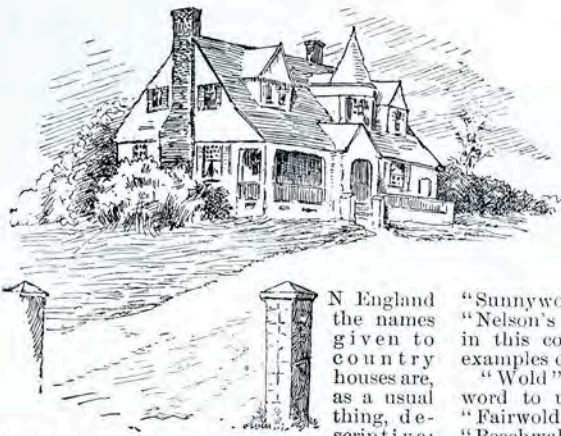


NAMING A COUNTRY HOUSE

By Frances E. Lanigan



In England the names given to country houses are, as a usual thing, descriptive; in America they are apt to be imitative. One reason for this lies, perhaps, in the extreme difficulty of finding a name for a home which will suit the taste of its inmates, have a modicum of originality, and bear some slight significance to the location.

APPRECIATING the difficulty of choosing a name, THE LADIES' HOME JOURNAL offers some suggestions which may be of assistance to some of its readers in their quest. Of recent seasons it has become the fashion to unite the Christian or nicknames of some of the members of the family in the naming of country residences. One of the best of these examples is "Lillennyn Villa," the name of Postmaster General Wanamaker's cottage at Cape May Point, the name being a happy combination of "Lil" and "Min," the abbreviations of Lillie and Minnie, the names of the two daughters of the house. Another successful union of this kind is "Kajim Lodge," Kate and Jim being the nicknames of the two heads of the household. This can be pursued indefinitely—"Marjo"—Mary and John; "Berwal"—Bertha and Walter; "Edwyl"—Edith and William; "Fantom"—Francis and Thomas. "Berthelwyn" is a particularly happy combination of Bertha and Ellen, and "Carlanna," of Carl and Anna. But these are more than sufficient to indicate the idea. This custom of using the name of some members of the family may be used in another and equally effective manner by spelling the name, Christian or surname, backward. In Quebec is a large family residence known as "Darnoc." For generations the eldest son of the family, in whose possession the house always remains, has been Conrad, which is the reverse of "Darnoc." Edward will give "Drawde," which used in combination with House, i. e., "Drawde House," has certainly a familiar sound. Robert is "Trebore," and Walter is "Retlaw." Women's names can be used even more successfully. Agnes gives "Sengaga," Lydia, "Aidy," Frances, "Secnarf." Christian names can be used in yet many other ways, as "Mary Lawn," "Villa Matilda," "Gracelands," "Ellaeslie," as Vice-President Morton calls his country home at Rhinescliff, and Elioak, are also examples of the different ways in which Christian names can be combined with success. Surnames are also valuable, used alone or in combination. "Griffin's Corners," "Hartley Hall," "Houghton," "Warrington," "Compton," "Vernon," "Carlton," "Elton Lodge," "Pembroke," "Langhorne," "Morton," "Shirley," "Brandon"—almost any family name of beauty of sound can be utilized in this way. Bigelow Bungalow, the name given to his out-of-town residence by one of the New York Bigelows, who has devoted much of his attention to India, deserves certainly to be mentioned as an original and sensible title.

COLORS may be used with effect; the name being, of course, taken from the prevailing tint of the paint or stone of the exterior. "Canary Cottage" is the title of Mrs. Thomas Scott's Bar Harbor villa. "Red Top" was the name of President Cleveland's home near Washington, and "Gray Gables" is the somewhat similar title of his recent summer purchase. "Green Grove" is an alliterative name and "Greynook" a cozy one. It is well in combining a color to form a name, to choose, if possible, an alliterative adjunct. "Blue Bay" is a charming summer home, and "Brown Beaches" another. "Greystone," which was one of the first of American country places, is one of the best examples of this utilization of color in the choice of a name.

Names of trees are plenty. "Beechcroft," "Evergreens," "Glenwood," "Cedar Park," "Lebanon," "Lindenshade," "Oakleigh," "Maplehurst," "The Chestnuts," "The Cedars," "The Pines," "The Beeches," "The Elms," "Four Oaks," "Waldheim," a wooded home; "Aldersea," Tennyson's "Aldworth," "Lindenhurst," "Elmhurst," a combination of any tree which is found in considerable growth near a home, with almost any suffix or prefix, gives a pretty and descriptive title.

The terminal "burn," "burnie," or, as it is equally often spelled, "bourn" or "bourne," is the Scotch word for a small brook or stream of water. It can be combined in dozens of ways, and always with charming results. "Rockburn," a rocky brook; "Millbourne," a mill stream; "Winterburn," "Highbourne," "Oakbourne," are a very few examples of this union.

The English word "brook" may also be charmingly combined. "Maybrook," "Silverbrook," "Brookside," "Brookhurst," "Brookwood," "Hillbrook" are only a very few of these combinations.

MYRIAD are the combinations with wood or woods, as "Rough woods," "Glenwood," "Ravenswood," "Inglewood," "Blythwood," "Woodlands," "Rockwood," "Driftwood," "Woodycliffe" or "Woodcliffe," "Tyny Coed," house by the wood; "Woodvale," "Edgewood," "Norwood," "Lynnewood," "Elmwood," "Beechwood," "Homewood," "Woodburn," "Kenwood," "Woodstock," "Arden," "Shady wood," "Sunnywood," "Woodbury," "Happywood," "Nelson's Wood"—any surname can be used in this combination with effect—are a few examples of this class.

"Wold" or "Wald" is an extremely pretty word to use in combination. "Woldcote," "Fairwold," "Waldheim," "Waldberg," "Beechwald" are a few examples. The terminal "hurst," which is low Dutch for house-gate or lodge, makes a pretty ending for a name. "Parkhurst," "Maplehurst," house by the maples; "Oakhurst," "Lindenhurst," "Hurstfield," are a few suggestions for an almost endless variety of combinations.

A pretty fashion is that of adding the suffix "over" to the direction in which the view from a residence may be. "Westover," in Virginia, is the most famous of this group, but "Landover," "Farmover," and similar combinations may also be used. Quite as good an effect is gained from using the "over" as a prefix. Witness "Overbrook," "Overpark," "Overlook," "Overview," "Oversea," "Overwold."

FLOWERS, if they grow in any sort of profusion about a place, are one of the happiest ways of naming a country home. "Tulip Hill" is the delightful name of an estate in Maryland; "Rosenath" is prettily suggestive of a rose-covered arbor; "Heartsease" lodge or cottage or house makes a pretty name; "Wild Rose," "Rosebud," "Lilac," "Violet," "Geranium"—indeed, almost any flower can be united with lodge, or cottage or villa, as "Lilac Lodge," "Violet Villa," "Fuchsia Fort" and "Clovernook."

For a residence atop of a small hill "The Knoll" is always appropriate. "Rockledge," "Hillton," "Hillbrow" are names for places of this kind, while higher elevations may be designated according to their height, as "Cloudcapped," "Highlands," "Highland Heights," "Edgemont," "Grandview," "Starview," "Overlook." General Crook's place in the Blue Ridge is known as "Crook's Crest," a personal and descriptive name of beauty. "Claymont," "Happy Heights," "Mount Stony," "Summer Hill," "Camp Hill," "Clairemont" or its equivalent, "Clearview," "Fernhill," "Stonecliffe," "Hillsdale," "Stonedge," "Fame" is the name of a house "high up in the world." "Lowland Lodge" and "Poverty Flat" are good names for houses in the opposite situation. "The Rookery"—who does not remember Miss Trotfield's disdain at her brother's purchase of that place in "David Copperfield?" "Ravenhill," "Crofield," "Swallow's Nest," "Eaglesmere," "Bulfinch Lodge," "The Dovecote," "Pigeon Place,"—any number of alliterations may be made and applied, if only the birds are found in more than usual numbers. The title "Larks" has been used to dignify a house where good times are more than common; and "Castle Cosy" to one where comfort reigns supreme.

"The Hermitage," "The Grey Friars," "The Monastery," "The Priory," suggest a style of architecture which is conspicuous by its absence throughout this country. When a house is possessed, which is of this style, these names are charmingly suggestive and quaint, and can be recommended. "The Rest" and "The Anchorage," which have been applied by retired naval officers to their homes, are applicable also to any home-like place.

"Fernbank" is applicable to a house on the river side. As to a woody sequestered spot where there are no banks save those of moss and vine, "Springbank," "Fernhill," "Glenbank," "Glenside," "Fernbank," "Fernside," "Vinehill," "Mossy Hollow," almost any combination of these words is effective.

FOR seaside homes many are the names from which to select. "Aldersea," a home by the sea, surrounded by alder bushes; "Larchsea," one surrounded by larches. "Shady Beach," "Sunny Beach or Beaches," "Mizzentop," or "The Lookout" for places on a height; "Seaview," "Ocean Breeze," "Salt Breeze," "Sea Breeze," "Salt Side," "Sea Side," "Ocean Side," "Nor-Nor-West," its opposite, "South-East" or, for the more facetiously and honestly inclined, "Mosquito Farm" may be found suggestive. Many of the names suggested elsewhere in this column may be utilized with equal effectiveness at the seashore. "Landsend" and "Lookout Point" are good names for cape homes, and "Ivy Neck" for an ivy-covered home situated on a little jut of land. "Ivy Lodge" and "Ivy Cottage" are equally pretty and appropriate names for a vine-clad villa.

"Enderly," "West View," "Outlook," "Overleigh," "Netherleigh" and "Westerleigh" are all certainly near kin in connection at least. "Lothair," "Waverly," "Windsor" are names whose only claim to utility lies in their beauty.

"Mount Farm," "The Home Farm," "Wildest Farm," "Brookfield Farm," "The Farm," "Meadow Brook Farm," "Meadow Farm," "Woodland Farm," "Rocky Farm," are a very few suggestions for the amateur or veteran agriculturist. Utilizing the word farm in the name makes it thoroughly distinctive and pastoral.

THE suffix "mere" is always beautiful. "Windemere," "Willowmere," place of willows; "Aldermere, place of alders; "Elmere," place of elms; "Waldmere," place of woods or forest; are a few of these combinations. "Wakefield," (with its charming reminiscences of the "Vicar"), "Greenfield," "Dawesfield" (a field of crows originally) "Endfield," "Dalefield," "Moorfield," "Feldmont" (a mountain field) or "Feldspur" (a rocky spur where are fields), are suggestions. The terminals "ford," "burg," "lyn," "moor" or "dell" are always in good taste used in almost any of the combinations mentioned. "Edgemoor," "Westfield," "Happy Dell," "Woodbury," "Eastlyn," are a few samples of possible combinations. Moors are so few and far between in this country that care must be taken in selecting this name that the suffix is not imaginative. "Mead," "mede" or "meadow" give pretty names, "Grassmede," "Longmead," "Shady Meadow" among them. Louise Alcott's "Plumfield," home of her "Little Men," must have stood sponsor for "Plumstead," just as surely as did her own home, "Fruitlands," for the name of her story, "Paradise." An almost infinite variety of names can be made with these suffixes from the names of the principal fruits found on a place. "Peach Grove," "Apple Arbor," "Quince Lodge," "Grapevines;" these are further possible combinations.

BEGINNING with Washington Irving's "Sunnyside," one can run a gamut of "sunnys" and "sides" used in different ways, and find, also, that the prefix "shady" brings to the imagination an equally charming place. "Shady Nook," "Sunnycliffe," "Sunnicroft," "Sunnyhill," "Sunninghill," "Shady Heights," "Hillside," "Lakeside," "Riverside," "Mountain Side," "Brookside," "Idle side," "Fernside," "Oakside," "Lindenside"—these are all pretty combinations. "Idlewild," "Idle side," "Holiday Cottage" and "Tackiteazie Cottage" are more appropriate for a vacation cottage than for a country home.

Country places of considerable area are well named "The Acres," or "The Grange," but it is worse than folly to load hundred-foot lots with such pretentious titles. "The Button," "The Dot of a House," "Houselet," "Homelet," "Tiny Place," "Small Quarters" are names applied to these smaller residences.

"Ingleside" is one of the loveliest of names, and with it we might group "Rest Cottage," "Nirvana," "Heartsease," "Hopeton" and "Mount Home." But best of all names, to our way of thinking, is "Home"—the resort "Of love, of joy, of peace and plenty."

THE PROPER WAY TO SIT

BY CAROLINE B. LE ROW



SITTING upon the spine" is one of the most common abuses of the body, and productive of more discomfort and disease than any other one cause. While rest is desirable, and the effort to secure it is a perfectly natural one, few appear to understand the proper method of attaining it.

It is very tiresome to sit upright, with no support for the back, upon a three-legged stool for instance; but a great mistake is made in supposing that this support is needed for the shoulders. In a sitting position the weight of the body should rest upon the lower end of the spine. If one sits upon the edge or center of a seat, with the shoulders pressed against the back of it, the only part of the body really supported is the head. The entire bulk of the body has no point of support whatever; the weight is thrown upon the backbone. As the backbone, or spine, is flexible, it is possible to "sit upon it" by stretching the ligaments which connect the vertebrae. This posture, a curve of the back from the shoulders to the end of the spine, causes an unnatural and injurious strain. The chest sinks, the lungs are cramped by this compression of the chest, every organ, and consequently every function of the body, is more or less disturbed. The struggle and friction with which, under these circumstances, their work is carried on, result in irritation and consequent disease. The stronger the general constitution, and the sounder the general health, the longer can this physical disturbance be kept up without unpleasant effects; but they are as sure to follow as the night is sure to follow the day.

A proper sitting position requires that the spine shall be kept straight, and that the support needed for the upper part of the body shall be felt in the right place. Therefore, sit as far back as possible in the chair, so that the lower end of the spine shall be braced against the back of the seat. If this back is straight the shoulders will also rest against it; if not, they will have no point of support, and it will be found that they do not need it. This position makes no strain upon the ligaments of the spine. It allows a proper position of the shoulders, consequently of the chest, consequently of the lungs, stomach, and every other organ of the body. Their work is carried on naturally and comfortably, as is also the circulation of the blood, which in a wrong sitting position is seriously interfered with. With the feet resting squarely upon the floor, the hands resting easily upon the lap, perfect equilibrium, and consequently perfect rest of the body, is secured. There is no strain upon any part of the body; no muscle or organ is required to do more than its legitimate amount of work. The arms should never be folded; for this position not only causes a strain upon the spine, and all the other evils already referred to, but, in addition, places the weight of the arms upon the stomach and the diaphragm, thereby increasing the labor of digestion and respiration. Placing the hands behind the back, or folding the arms behind the back, if possible, is a good attitude to take occasionally, giving, as it does, the fullest expansion to the whole upper part of the body.