



Midnight
Slipping
Bedside carafes
that are arguably
ravishing **D8**

OFF DUTY

Those Extra
Somethings
Dan Neil on the
upstiling of the
BMW X4 **D10**



FASHION | FOOD | DESIGN | TRAVEL | GEAR

THE WALL STREET JOURNAL

SATURDAY/SUNDAY, JULY 25 • 29, 2015 | **D8**

**A HEALTHY
ARRANGEMENT**
Doctors recommend
bolstering your
mental-wellness
routine with these
feel-good foods.



Feed Your Head

Based on mounting research, doctors are prescribing nutrient-rich foods as an antidote to depression and anxiety. With the help of high-profile chefs, they're doing it deliciously, too

By **KARLAZZO SOTMAN**

IN 2015, Jessica Largay was living her dream. As the chef de cuisine at the Michelin-starred restaurant *Manresa*, in Los Gatos, Calif., she won the prestigious James Beard Foundation Rising Star Chef Award. Yet she was anxious and depressed, and she had no idea why. "It's not to say I didn't have happiness in my life, I did," she said. "But I had lost my sense of self."

She tried to counteract her depression by throwing herself into work, but she quickly burned out. She left her position at *Manresa* and took time off to address her mental health. During that time, she worked with a holistic counselor who asked: "What are you eating?"

Guided by her counselor, Ms. Largay reexamined her dietary habits. She incorporated more whole grains, leafy greens, avocados, pickles and nuts into her diet. Turmeric and ginger became her staple spices. And she started to feel better. "I realized how my eating habits were actually affecting my emotional and mental state," she said. Changing her diet didn't eliminate her propensity to depression, but she felt more

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PHOTOGRAPH BY JAMES HAMILTON FOR THE WALL STREET JOURNAL; STYLING BY JESSICA LARGAY; FOOD STYLING BY JESSICA LARGAY; COOK STYLING BY ELIZABETH HARRIS

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I'VE BOUGHT
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DESIGN & DECORATING

Not Every Acquisition Is Exquisite

Design professionals reveal the smartest décor buys they've ever made, and the most regrettable

ASKED TO NAME their best design buy, many people single out a gem they scored at a glow-worthy price, like the original Josef Hoffmann betzo chair Justin Colombi, of design and consulting firm Puccio Group, nabbed for \$150 in a Chicago consignment shop. Another kind of "best" finds that cost dearly but kept on giving. Bay Area designer Chloé Warner, for example, sprang for \$2,000 worth of a botanical-print Lee Jofa fabric to cover a 1960s sofa that's followed her from apartment to house. "It's been shockingly versatile," she said of the piece. When it comes to foolish purchases, some sting financially, like the commercial oven in Rick Shaver and Lee Meliker's Cotuit's country house that could be lighted only with a blow torch. Others just sting the ego. The handle of the chrome tea kettle architect Andrew Wilkinson bought gets too hot to hold, a regular source of mirth for his wife. Here are more designers share their wins and failures.

—Catherine Romano

BEST "I scored four midcentury dining chairs on Craigslist for \$50 when I lived in Chicago," said New York designer **Mikel Welch**. "The guy just wanted them out of his house. I snipped out the white vinyl for forest-green velvet."

WORST "I was super excited when I got an authentic Moroccan leather pouf for \$300 online," he said. "But it had the most vile odor, like I was running a circus out of my one-bedroom apartment. I donated it to a local thrift store."

BEST "As a charity event, I bought a huge piece of abstract art that's a crazy mix of mint green, electric orange, red, bright pink, and yellow, with a shot of black and white," said New York interior designer **Courtney McLeod**. "It's followed me to five apartments. I use it as an example for my clients to buy what you love and you'll inevitably make it work."



bookcase was modern and cool," said Ms. Langdon. "It had funny joints and odd-shaped openings and no back or doors. Nothing stayed standing up no matter how many bookends you used. It failed miserably."

BEST "I bit on and won a 10-piece porcelain coffee set for \$200," said **Max Humphrey** of a decades-old collaboration between Richard Ginori and Gucci. "I lived in a basement apartment in Los Angeles, with no real furniture so 'stature' seems like this was a big deal," said the Portland, Ore., designer, who still enjoys morning coffee from the logo-grooved cups.

WORST "In L.A., also, I collected fido dogs, and most were little ceramics that fit under the seat of my Vespa," said Mr. Humphrey. "One day I spotted a waist-high pair I had to have. After haggling for them, I discovered they were cast concrete and unbelievably heavy. I made it halfway back to my apartment with the pair balancing between my legs before having to abandon them on the side of the road."

BEST "For the longest time, the only piece of furniture I had was a Chinese-style coffee table I bought in a vintage shop for under \$100," said **Rob Polacek**, chief creative officer at San Francisco's Puccio Group. "It was rough around the edges but had great lines, and I still have it."

WORST "I paid more than I should have for a donkey-tail succulent, and I knew it would be difficult to take care of with my travel lifestyle. It died."

BEST "I had to stretch to buy my walnut George Nakashima console, but seeing the craftsmanship and de-



CANVAS WITH A PAST Charlotte, N.C., designer Catherine M. Austin happily discovered after buying this painting locally that it was originally sold by a highly reputable New York gallery.

tail every day is an inspiration," said New York designer **Stephanie Gots**.

WORST "In a frenzy for one more chair for an evening of entertaining, I bought a black Philippe Starck Ghost Chair and brought it home in a cab. It's made of polycarbonate, and in the end, is too much the opposite of the timeless Nakashima. It's in storage now."

BEST "I made over my dining room inspired by the colors and textures I saw when looking into the water of Lake Tahoe," said Bay Area designer **Cynthia Spence**, who said that both the lake and the room evoke serenity.



WORST "When I moved into a California ranch, I added arches to it reminiscent of those in the Spanish-style house I had moved from. All it did was make me miss that house, and looking at them every day made me hate them."

BEST "In 2002, I bought a sofa for \$6,000 off the floor of Holy Hunt, Chicago," said Lariput, Calif., interior designer **Aileen Pickart**. "Upholstered in an incredible gi-formant black and cream plaid, it's the ultimate statement piece. And it is one of the most comfortable and well-made pieces I have ever owned."

WORST "So I could host a dinner party, I ordered 10 dining chairs online because they were available immediately," said Ms. Pickart. "Impatience is a weakness. The 'leather'



was like plastic, the legs made of an awful veneer, and the chairs were just devoid of personality. I had bought into the convenience of mass-produced design. The chairs were left in the apartment when we moved."

BEST "When we remodeled and I got a closet I didn't share with my husband, I was able to go over-the-top girly and put bold floral wallpaper on its ceiling," said Dallas designer **Abbe Fennimore**. "Something I've wanted to do since I was little." **WORST** "I couldn't talk my husband out of buying a giraffe knockoff of a modern Italian leather sofa," said Ms. Fennimore. "We argued about getting rid of it for so long, we both laughed when our new puppy shredded the back cushions."

FAST FIVE

Get a Good Night's Sip

Especially after an evening of dehydrating indulgence, a bedside water carafe is just what the doctor ordered. Forgo plastic with one of these handsome vessels, and get a crowning drinking glass in the bargain

Cabana Carafe and Glass Set, \$700, modapaperand.com



Night Carafe, \$106, [neutceramics.com](http://neut ceramics.com)



Ribbed Glass Carafe, \$30, CB2.com



Kati von Lehman Bedside Carafe, \$112, fotokawals.com

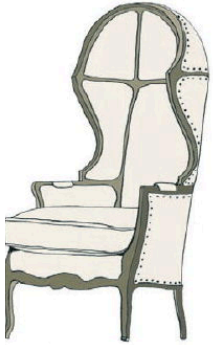


Off Pitcher + Cup, \$220, esque-studio.com



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IT "At a charity event, I bought a piece of abstract art that's a mix of mint green, electric orange, red, bright pink, and yellow, with a shot of black and white," said New York interior designer **Courtney Leod**. "It's followed me to five apartments. I use it as an example my clients to buy what you love you'll inevitably make it work."



RST "I fell for a porter chair, a classic design with a high back and a red hood," said Ms. McLeod. "It wasn't me, but the style had become trendy and I fell for it. Lesson learned: Trust your personal style let trends come and go."

IT "I found a tall, shallow glass net that fit an impossibly sized k in our family room," said New York designer **Libby Langdon**. "It's airy and open, and the interior lights illuminate a peculiar corner: would otherwise be a dark hole."
RST "I thought this asymmetrical

bookcase was modern and cool," said Ms. Langdon. "It had funny juts and odd-shaped openings and no back or doors. Nothing stayed standing up no matter how many bookends you used. It failed miserably."

BEST "I bid on and won a 16-piece porcelain coffee set for \$200," said **Max Humphrey** of a decades-old collaboration between Richard Ginori and Gucci. "I lived in a basement apartment in Los Angeles, with no real furniture, so 'status' items like this were a big deal," said the Portland, Ore., designer, who still enjoys morning coffee from the logo-graced cups.

WORST "In L.A., also, I collected foo dogs, and most were little ceramics that fit under the seat of my Vespa," said Mr. Humphrey. "One day I spotted a waist-high pair I had to have. After haggling for them, I discovered they were cast concrete and unbelievably heavy. I made it halfway back to my apartment with the pair balancing between my legs before having to abandon them on the side of the road."

BEST "For the longest time, the only piece of furniture I had was a Chinoiserie coffee table I bought in a vintage shop for under \$100," said **Rob Polacek**, chief creative officer at San Francisco's Puccini Group. "It was rough around the edges but had great lines, and I still have it."

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