
Book Of Shadows by Lady Ishtar

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This lady writes about what she calls white magic and wicca and protection spells. Here is her suggestions for the kind of magic one can do to get love. Gwe eyali agamba nti abeeru tebaloga... Nze ndowooza munno bwomwagala obulungi ajja kukitegeera. Bwatakitegeera better move on.

Everyone knows that the way to a man's heart is through his stomach, but witches think that some foods bring better results than others. In this chapter you'll find many everyday foods believed to arouse a man's love or passion. You may have been serving some of these dishes for years; however, now you can put a little magic behind them! For best results, prepare the foods during a new moon; if possible, burn a red candle as you work. Unless specified otherwise, they can be served in any way, except on crystal. (Crystal aids clear thinking, not what you're after here.)

LOVE FOODS

Love foods are meant to arouse tender, romantic feelings in a man. They make him recite poetry, sing under your window, worry when you get your feet wet, and so on. Notice that most love foods have rather mellow flavors to match the feelings they arouse in the heart.

BRIDAL BRUNCH

No, it isn't served at a wedding, but prepared with the proper concentration, it can lead to one. Start with the ginger omelet given below.

(Madame du Barry thought so highly of this dish that she served it to King Louis XV regularly.)

4 fresh eggs

1/2 tsp. ginger

A pinch of salt and pepper

Combine the ingredients in a bowl. Fill half an eggshell with water twice, pouring the water in the bowl each time. Beat the mixture until it's fluffy. Cook it in a lightly buttered frying pan over a low heat until the bottom of the omelet is done. With your fingernail (or a red candle if you're finicky), trace your initials on the top of the omelet. Pop it under the broiler for a moment to cook the top. Fold so that the initials are hidden.

Along with the omelet, serve a salad of bananas, peaches and pitted cherries, all of which have power to arouse love. Hot rolls and apple butter also go along nicely (it's the apple butter with the power). Wash your brunch down with champagne never coffee. (See What not to Serve.)

WITCH'S TODDY

The next time your beloved is shivering on a cold wintry evening, whip up this enchanting brew for him. For maximum results, it should be served in front of a roaring fire.

2 tbsp. fennel leaves

1 or 2 tears (yours)

1 cup milk

2 tbsp. honey

1 tsp. unsalted butter

Put the fennel in a pot with a half-cup of water and bring to a boil. Squeeze out a few tears and let them fall in the milk. Put milk, tears and remaining ingredients into the pot; stir until the butter melts. Serve warm in red mugs.

LOVE POWDER

If you don't know the man well enough to feed him in your home, all is not lost. Get an ounce each of leeks, rose petals and coriander seeds. Mash them to a fine powder; put the powder in a silver vial or box and cover it tightly. Keep this with you at all times. Whenever you get a chance, put a bit of the powder in food your beloved is about to eat. (There's no telling how many secretaries have won the hearts of their bosses with these little vials of love powder.)

APHRODISIACS

Aphrodisiacs are meant to arouse passion. Usually, they are tangy, zippy foods, and they make a man chase you around the room, and not recite poetry. If you don't know the man well, use caution in feeding him these foods; however, they're perfect for a romance that's lost its sparks.

SPICY BOUQUET

Interestingly, spices are one of the best food groups known for adding spice to a lackluster love. To increase their power, make your own spice bouquet, and a container to hold it.

Using white silk, make a drawstring bag three inches wide and four inches high. Thread a red ribbon through the top and leave it in one of your bureau drawers for seven days. Then combine two tablespoons each of basil leaves and ground peppercorns. Add one tablespoon each of minced garlic, oregano and red pepper. Place the spices in the bag and keep it in your kitchen. Serve your man lean, red meats (another aphrodisiac), liberally sprinkled with the spices.

BEWITCHED CANDIES

Many sweets are considered strong aphrodisiacs. For example, chocolate was once thought so powerful that it was forbidden to proper young ladies. Chocolate covered mints are double aphrodisiacs. Licorice sticks, coconut balls and molasses candies are also considered titillating.

If your beloved has a sweet tooth, assemble a group of these candies in a bowl (remember, no crystal). Bless bowl and sweets according to the ritual for Blessing, but use a red not blue candle. Leave the sweets on your coffee table and pop one into the man's mouth at every opportunity.

WILD VENISON

There's something about eating wild animals that brings out the beast in a man. If you come by some deer meat, try this old aphrodisiac recipe

4 lb. venison roast

6 cups red wine

1/2 cup olive oil

30 bay leaves

1 tsp. each salt and pepper

Put the venison in a metal bowl. Combine the other ingredients and pour over the meat. Place something that's been close to you (for example, a piece of jewelry) in a tightly lidded jar; put it in the bowl too. Leave the meat in the refrigerator for four days. Remove it from the bowl and retrieve your jewelry. Preheat your oven to 425 degrees. Pour four cups of the wine mixture into a roasting pan; add the venison and bake for 30 minutes, basting with the unused wine

mixture.

WHAT NOT TO SERVE

Just as some foods can turn a man on, others can turn him off. Thus, if you want to capture any man's interest, make certain that you never serve him any of the foods mentioned below.

Hard liquor, contrary to popular opinion, is the most effective male turn off. Try to switch the man to wine; it's much more conducive to love, especially if you shed a tear or two into it.

Coffee or tea have too much caffeine for a lover; they make him nervous, not amorous.

Ice cold water, and cola drinks at any temperature, have a chilling effect on romance.

Crabs are another no no. Witches use crabs for all sorts of hateful things and they should never be eaten by lovers.

Also avoid all citrus fruits and their juices. (Oranges, lemons and grapefruit are the most common.) They contain too much acid to be helpful with sweet amour. (The same goes for vinegar.)

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