

MOVIE PROP HERBAL

This prop was originally designed for the film *Practical Magic*.

This file consists of twenty pages for an herbal, a book of plant lore and spells. The pages are designed with blank spaces into which are meant to be inserted dried samples of actual plants.

Print on parchment or some other kind of rough or textured paper.

Add dried, pressed plant specimens, if desired, on pages with glue and/or thread.

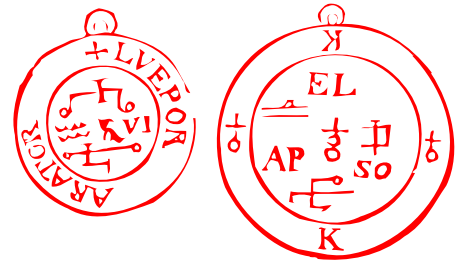
Add additional spells or illustrations, if desired. New items can simply be written/drawn in, or glued on to the pages.

Bind pages using any technique of your choice, or glue finished pages into an old book.

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Questions? Ask them. andrew@ahleman.com



A WOODLAND PERENNIAL
WITH A TUFT OF LEAVES AND
WHITE OR PALE YELLOW FLOWERS
ON LONG SLENDER HAIRY STALKS.

IT IS COMMON IN WOODS, THICKETS,
AND HEDGES. IT PARTICULARLY
LIKES CLAY SOIL.



The juice of the roots stuffed up
the nose, occasions violent sneezing,
and brings away a great deal of
water, but without being
productive of any bad effects.

Horehound

The dried and powdered roots are good for nervous disorders, but the dose must be small. A dram and a half of the dried roots, taken in autumn, is a strong, but safe emetic. It has always been useful for gout and rheumatism, preferably in the form of an infusion. One teaspoonful of the dried herb with one of Motherwort is simmered in 1 pint of boiling water until it measures 1/2 pint. This is then administered in three doses of 3 fl. oz. before meals.

IT IS UNDER THE DOMINION OF VENUS

VALERIANA
OFFICINALIS

Valerian

(True Wild)

*It is excellent against
nervous affections.*

*It has a strong-smelling
root, long, winged,
hairy leaves and
pinkish flowers.*



תוהמז



*It is found in high pastures
and Heathland, and flowers in Late Spring.*

An Herb of Mercury

*One ounce of the powder is infused in
1 pt of Boiling water and taken in
doses of up to 2 fluid ounces. The
Tincture made by herbalists is taken
in doses of one or two teaspoonfuls
three or four times a day.*



BALSAMITA MAJOR

(*B. vulgaris*)

⚡



ugwort

It is an especial friend and help to evil, weak and cold livers.

Once a common garden herb, now a rarity. It is closely allied to the common Pansy, but gives off a pleasant aroma and where it is still grown it is known as Mace. It is also called Herest and Balsam Herb.



Handwritten red text: **fur Pills**



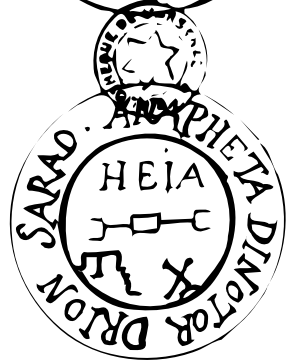
It is an Oriental herb formerly grown in every herb garden. It does well in all soils, but prefers dry.

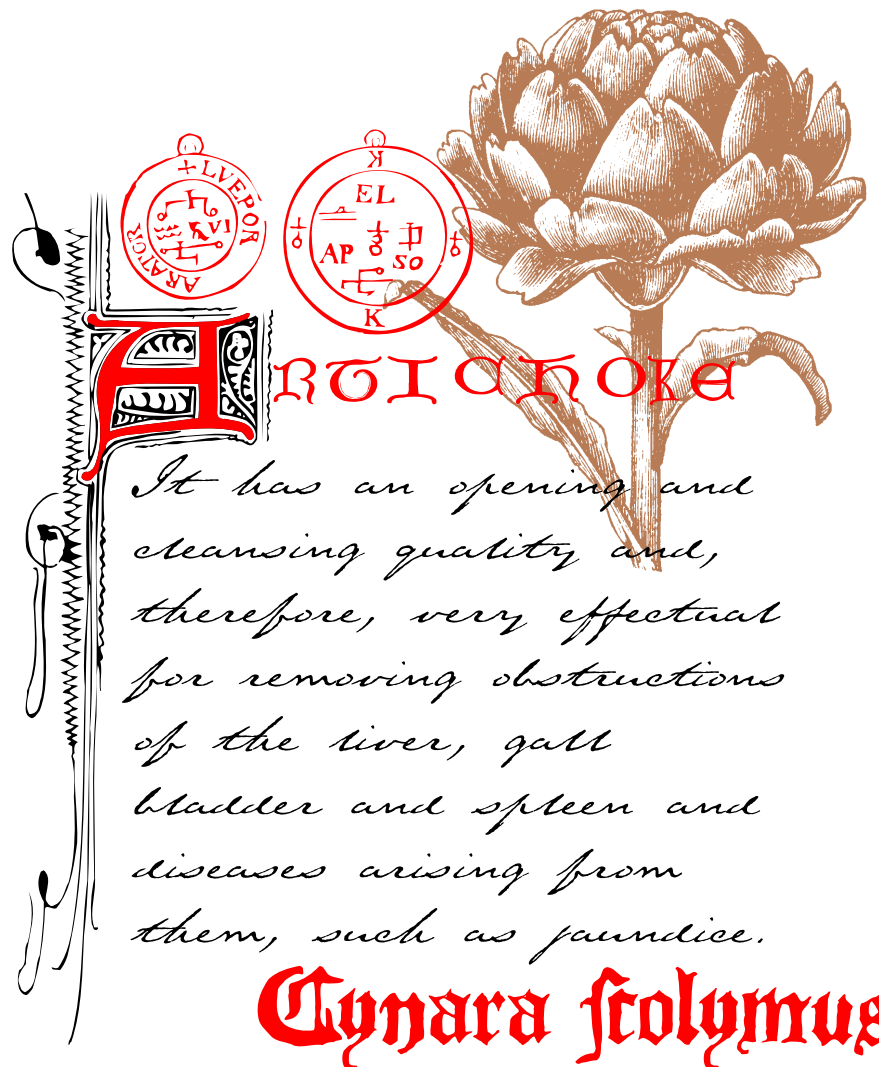


An herb of Jupiter

It provoketh, gently purgeth choler and phlegm and is a wonderful help to all sorts of dry agues. It is astringent to the stomach, and strengthens the liver and other inward parts.

Taken first thing in the morning it is very profitable for pains in the head that are continual. It is helpful to those that have fallen into the continual evil disposition of the body called *Cachexia*, but especially in the beginning of the disease. It maketh an excellent salve to cleanse and heal old ulcers, being boiled with olive oil & Adder's Tongue with it. After straining a little wax is added to thicken it.





ARTICHOKE

It has an opening and cleansing quality and, therefore, very effectual for removing obstructions of the liver, gall bladder and spleen and diseases arising from them, such as jaundice.

Cynara scolymus

Bile production by the liver and urinary output from the kidneys is increased with the use of this herb.

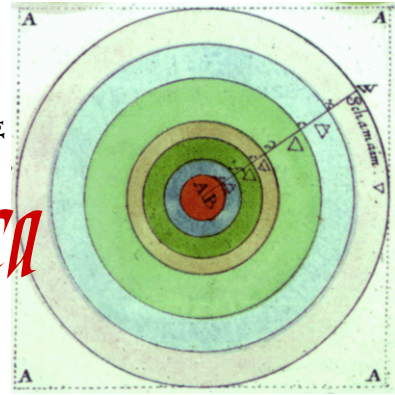
The leaves are particularly strong.

Theophrastus describes a plant apparently like an artichoke and there are drawings on monuments which have been thought by zealous protagonists of Egyptian culture to represent the species. It is a native of North Africa.

U N D E R T H E D O M I N I O N O F J U P I T E R

TARAXACUM OFFICINALE

Angelica



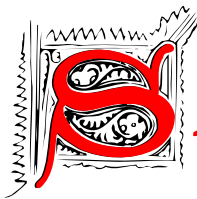
This herb helps one to see farther without a pair of spectacles.

This is known by foreign physicians who are not so selfish as ours, but more communicative of the virtues of plants to people.

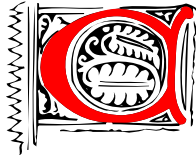
A well-known plant which barely requires description. The root grows down exceedingly deep and if broken off within the ground it will shoot forth again.

This herb openeth the passages of the urine both in young and old and will cleanse ulcers in the urinary tract. For this purpose the decoction of the roots or leaves in white wine, or the leaves used as pot herbs are very effectual. It is of wonderful help in cachexia, the severe wasting condition in severe illness. It also procures rest and sleep in those with fever. The distilled water can be drunk in pestilential fever and be used as a wash for the sores. This common herb hath many virtues, which is why the French and Dutch eat them so often in the spring.





SALVIA



CONFERTIFOLIA

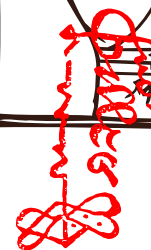
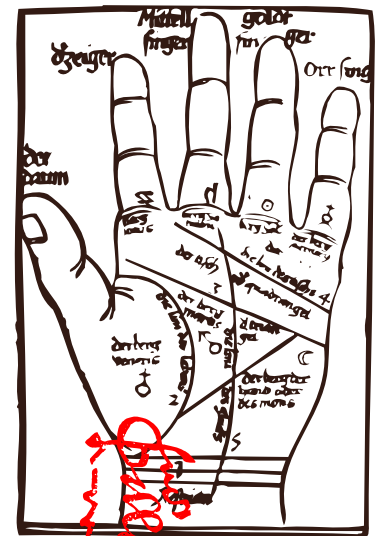
שׂרשׂוֹן בְּרַחֵם

A syrup is made of the seed and flowers to stay
 catarrhs and defusions of rheums from the head
 into the stomach and lungs, which causes a continual
 cough, the forerunner of consumption. It helps with
 hoarseness of the throat, and loss of voice, which the oil of
 the seed does likewise.

Boiled in Wine and drank, the black seed stays
 the fluxe of the belly and women's courses. The heads, boiled
 in water, are given to procure rest and sleep. The leaves
 act in the same manner.

IT IS UNDER THE DOMINION OF MERCURY

An infusion of the petals is helpful
 in treating asthma, bronchitis, catarrh,
 whooping cough and angina. $1/2$ ounce
 of the dried petals are infused in 2
 pints of boiling water. This can be
 taken a cupful at a time three or
 four times a day.



Bunny Tail

(COMMON)

Excellent for the womb.



*An herb of
SME
D
EMUS*

Used with
Lard, it
helps swellings and Pains in the secret Parts.
A perennial growing to about 18 inches high
with broad leaves at ground level a squarish stalk
and long spike of lilac or pinkish-white flowers.

It opens obstructions and is cleaning and healing.
It helps the yellow jaundice, and dropsy and the
It kills and repels worms in the belly and causes a good color in the face and body.
It strengthens as well as cures diseases of the stomach, liver, and spleen.

It helps the cough, sneezings, shortness of breath and defects of the veins and bladder, expelling gravel and stone. Used with honey it heals old ulcers and fistulas in the legs.



Fennel

Foeniculum vulgare

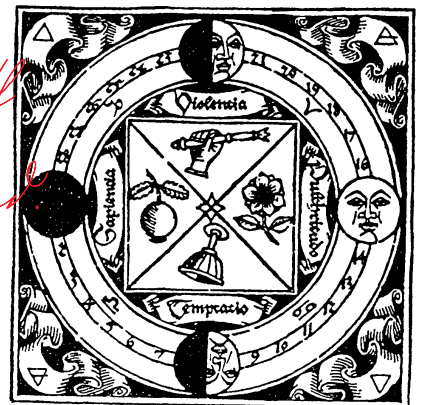


It has an opening and cleansing quality and, therefore, very effectual for removing obstructions of the liver, gall bladder and spleen and diseases arising from them, such as jaundice. Also delicious with dip.

On its own, it is a good remedy for cough and cold, but may be combined with ramadan seed of Loh' / foot and Gorsefruit.

In the early stages of cold and fever, the warm infusion will induce sweating and may be combined with yarrow.

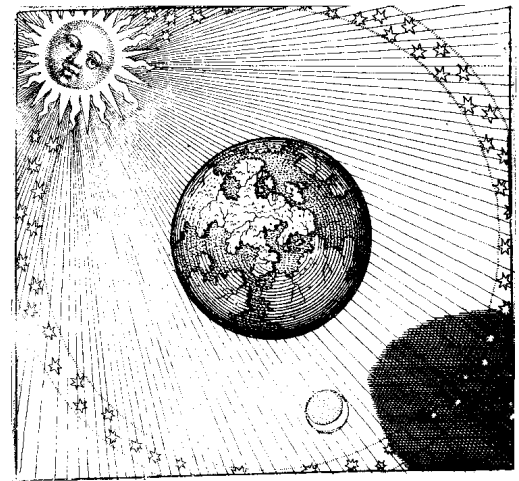
If astringent properties make it of use in acute diarrhoea.



FOR HIGH BLOOD PRESSURE DUE TO STRESS, COMBINE IN EQUAL PARTS WITH SCULLCAP AND LIME BLOSSOMS.

FOR NERVOUS CONDITIONS, COMBINE WITH SCULLCAP AND MISTLETOE. THE DOSE OF THE MIXTURES WHEN INFUSED IS FROM ONE TEASPOONFUL TO 2 FLUID OUNCES.

IT OPENS OBSTRUCTIONS AND IS CLEANSING AND HEALING. IT HELPS THE YELLOW JAUNDICE, AND DROPSY AND THE GOUT. IT KILLS AND EXPELS WORMS IN THE BELLY AND CAUSES A GOOD COLOR IN THE FACE AND BODY. IT STRENGTHENS AS WELL AS CORRETS DISEASES OF THE STOMACH, LIVER AND SPLEEN. IT HELPS THE COUGH, SNEEZINGS, SHORTNESS OF BREATH AND DEFECTS OF THE VEINS AND BLADDER, EXPELLING GRAVEL AND STONE. USED WITH HONEY IT HEALS OLD ULCERS AND FISTULAS IN THE LEGS.



used with Lard, it helps swellings and pains in the secret parts.

A perennial growing to about eight inches high with broad leaves at ground level a squarish stalk and long spike of lilac or pinkish-white flowers.



eranium



(Self-Heal)

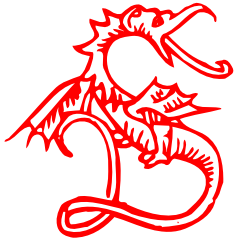
Heal-All



For nervous conditions, combine
with sculleaf and Mistletoe. The
dose of the mixtures when infused
is from one teaspoonful to 2 fluid
ounces.

It has an opening and cleansing
quality and, therefore, very effectual
for removing obstructions of the
liver, gall bladder and spleen and
diseases arising from them, such as
jaundice.

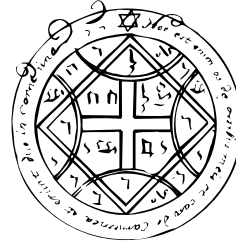
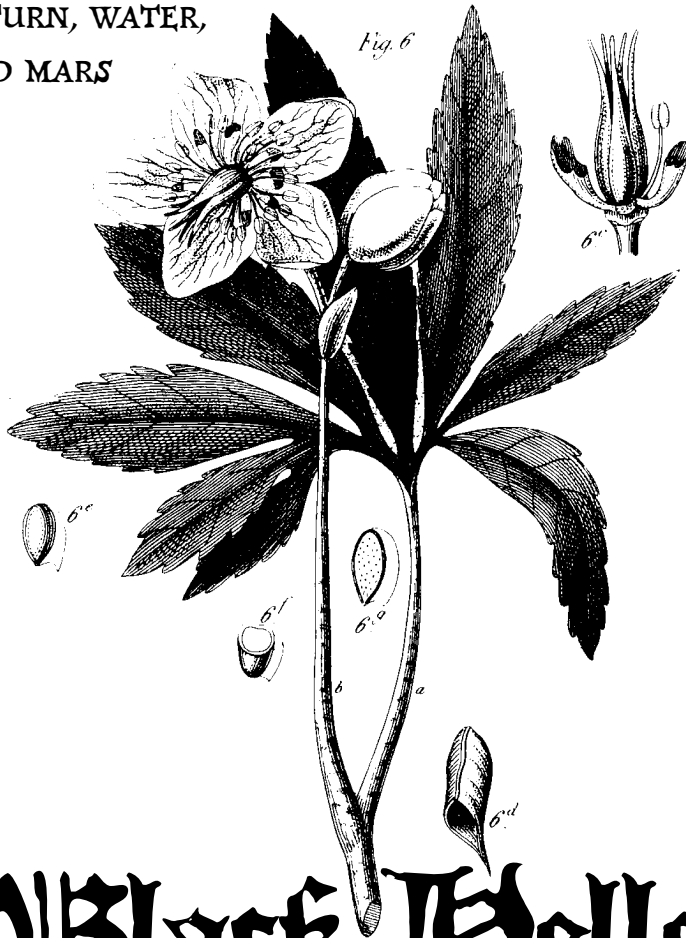




INCENSE FOR CONSECRATING TALISMANS OF SATURN: *Combine alum, scammony, asafoetida, sulphur, cypress, black hellebore, and ash leaves. Burn in an earthen dish and hold the talismans in the smoke.*

CAULDRON OF CERRIDWEN BREW: *Combine equal parts of acorns, barley, honey, ivy, hellebore, and bay. Boil water in a cauldron over an open fire. Place all ingredients in the cauldron. (Do not drink) sit before the simmering cauldron & entrance yourself by watching the flames. Smell its mystic scent & receive wisdom.*

ASSOCIATED WITH SATURN, WATER, AND MARS



Black Hellebore

Helleborus niger



IT IS USED FOR BANISHING AND IN NECROMANCY. CATTLE WERE ONCE BLESSED WITH BLACK HELLEBORE TO PROTECT THEM AGAINST MALIGN INFLUENCES AND EVIL SPELLS, AND APPARENTLY A RITUAL WAS INVOLVED IN DIGGING IT UP. BLACK HELLEBORE IS ALSO AN INGREDIENT IN AN INCENSE FOR CONSECRATING TALISMANS OF SATURN. AGRIPPA RECOMMENDED IT AS PART OF A FUMITORY FOR RAISING SPIRITS OF MARS, AND IT GOES INTO THE CAULDRON OF CERRIDWEN BREW. A TINCTURE OF BLACK HELLEBORE WAS USED IN SINGLE DROP DOSES AS A DRASTIC PURGATIVE IN MENTAL ILLNESS OR TO SLOW A RAPID HEART, BUT IN LARGER DOSES IT CAUSES DEATH BY CONVULSIONS AND HEART FAILURE.

Flower Pressing



1. A fern, including some rootstock, is cleaned carefully by hand, to remove soil.
2. The thick Rhizome, which otherwise would be unpressable, is sliced in half lengthwise with the ever-handy pocketknife. Some other parts have to be adjusted the same way.
3. The specimen is positioned at one end of a wide sheet of unprinted newsprint, which will be folded over on top of it.
4. The newsprint is just one layer that goes inside the press: there is also thick blotter paper on each side of the newsprint, and corrugated cardboard layers on both sides of that. The press is merely two wooden frames and adjustable straps that hold the layers together tightly. In the absence of a press, plants could be layered throughout a phone book, with paper towel replacing the layer of newsprint and newsprint substituting for the blotter papers.
5. Sometimes a specimen is too tall for the press, as an iris is. but one needs a record of the true size of the plant, so he folds it.
6. The iris is labeled and dated as to when and where it was collected: if the flower is moist or delicate, wax paper is placed over it to keep it intact when the newsprint is lifted, before the press is closed and placed in a dry, ventilated spot for up to several days. Succulent plants will take longer and require new blotter paper daily.

TO MAKE INCENSE

Grind together in mortar and pestle combination of the following, then store in a bottle or empower and use:

2 OR MORE HERB PORTIONS: Rosemary, Cedar, Thyme, Sandalwood, Rose, Bay, Cinnamon, Juniper, Pine, Basil, etc.

1 GUM RESIN PORTION: Frankincense, Myrrh, Benzoin, Arabic, Mastix, Copal, Dragon's Blood, etc.

LIQUIDS: Essential Oils, Wine, Honey, etc.

SWEET SCENTS are for positive goals.

FOUL SCENTS are for banishing.

Combustible incense contains potassium nitrate (cones, stick, paper) and can smolder by itself. This creates stream of smoke. Non-combustible (powder form) is sprinkled on charcoal blocks in censers. This creates puffs of smoke.

Sandalwood

Curls

"FOR EMERGENCIES" INCENSE (CAUTION)

- 3 parts Frankincense
- 2 part Dragon's Blood
- 2 parts Myrrh
- 1 part Rosemary
- 1 part Asafetida*
- 1 part Cayenne*
- 1 part Grains of Paradise
- 1 part Rue*
- 1 part Garlic*

Burn to be rid of foul demons, wrathful spirits, tax collectors, drunks, and other noisome creatures. Slumped back and hold your nose—or better still leave the room while this incense

is smoldering. Those herbs marked with an asterisk above aren't necessarily dangerous or baneful, but they emit powerful smoke that is irritating to the eyes, nose and lungs.

"RAISE THE DEAD" INCENSE

- 1 part Pepperswort
- 1 part Red Storax
- 1 pinch Saffron
- a few drops Musk oil

Compound and fumigate about the tombs and graves of the dead. This will cause spirits and ghosts to gather, at least according to ancient writings.



SPIRITS DEPART INCENSE (CAUTION)

- 1 part Calamint
- 1 part Peony
- 1 part Mint
- 1/4 part Castor Beans*

Burn out of doors to drive away all evil spirits and vain imaginings. If you wish to use this formula, substitute a few drops of castor oil for the beans, as these are poisonous.

SPIRITS DEPART INCENSE #2

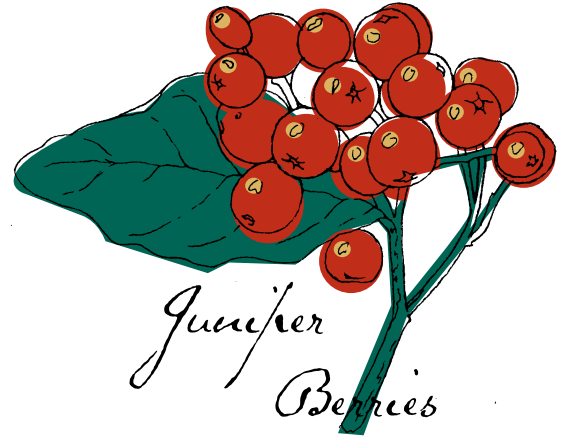
- 2 parts Fenel seed
- 2 parts Dill seed
- 1/2 part Rue

Another like the above.

HEALING INCENSE

- 1 part Rosemary
- 1 part Juniper berries

Burn to speed healing while visualising.



Healing Incense No II

- 2 parts Myrrh
- 1 part Cinnamon
- 1 pinch Saffron

Another like the above.

Healing Incense No III

- 3 parts Myrrh
- 2 parts Nutmeg
- 1 part Cedar
- 1 part Clove
- 1/2 part Lemon Balm
- 1/2 part Poppy seeds
- a few drops Pine oil
- a few drops Almond oil

A third like the above.

Healing Incense No IV

- 3 parts Myrrh
- 1 part Rose Petals
- 1 part Eucalyptus
- 1 inch Saffron
- a few drops Cedarwood Oil

Healing Incense No V

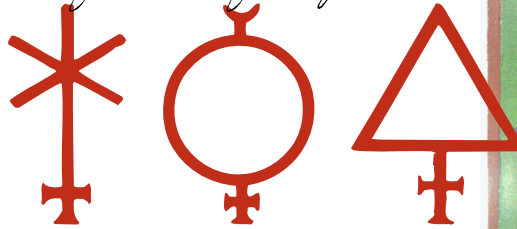
- 2 parts Juniper berries
- 1 part Rosemary



LOVE INCENSE

- 1 part Sandalwood
- 1/2 part Basil
- 1/2 part Bergamot
- a few drops Rose oil
- a few drops Lavendar oil

Burn to attract love, to strengthen the love you have, and to expand your ability to give and receive love.



Love Incense No II

- 2 parts Dragon's Blood
- 1 part Orris
- 1/2 part Cinnamon
- 1/2 part Rose petals
- a few drops Musk oil
- a few drops Patchouly oil

PROTECTION INCENSE

- 2 parts Frankincense
- 1 part Dragon's Blood
- 1/2 part Wood Betony

Burn for both physical and psychic protection while visualizing.



Protection Incense No II

- 2 parts Frankincense
 - 1 part Sandalwood
 - 1/2 part Rosemary
- Another like the above.

Protection Incense No III

- 1 part Frankincense
 - 1 part Myrrh
 - 1/2 part Clove
- A third like the above.

Protection Incense No IV

- 2 parts Frankincense
- 1/2 part Kummin

Protection Incense No V

- 4 parts Frankincense
- 3 parts Myrrh
- 2 parts Juniper berries
- 1 part Rosemary
- 1/2 part Avens
- 1/2 part Mugwort
- 1/2 part Carrow
- 1/2 part St. John's Wort
- 1/2 part Angelica
- 1/2 part Basil

Protection Incense No VI

- 2 parts Frankincense
- 1 part Kopal
- 1 part Dragon's Blood

Aphrodisia

A PASSION DRINK

- 1 pinch Rosemary
- 2 pinches Thyme
- 2 tsp. Black Tea
- 1 pinch Coriander
- 3 fresh Mint leaves
- 5 fresh Rosebud petals
- 5 fresh Lemon tree leaves
- 3 pinches Nutmeg
- 3 pieces Orange peel



Place all ingredients into teapot.
Boil three cups or so of water and add to the pot.
Sweeten with honey, if desired. Serve hot.

APHRODISIA #2

- 5 parts Rose petals
- 1 part Clove
- 1 part Nutmeg
- 1 part Lavender
- 1 part Ginger



Make in the usual way, preferably in an earthen pot.
Add this mixture to tea, or serve alone to increase the passions.

EXORCISM BREW

CAUTION!

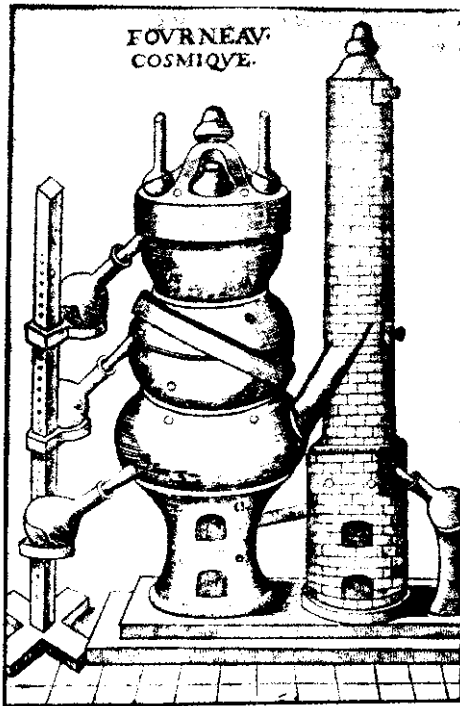
3 parts Rosemary
1 part Bay
1 pinch Scaryenne



Mix, add one teaspoon mixture to a cup, pour boiling over the herbs and let steep for nine minutes, covered. Drink a few teaspoons a day, or add to the bath.

Scaryenne pepper is marked here with a caution because it is a strong herb. Use with care and respect.





PROTECTION BREW (CAUTION)

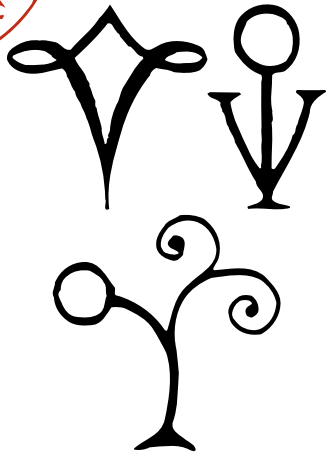
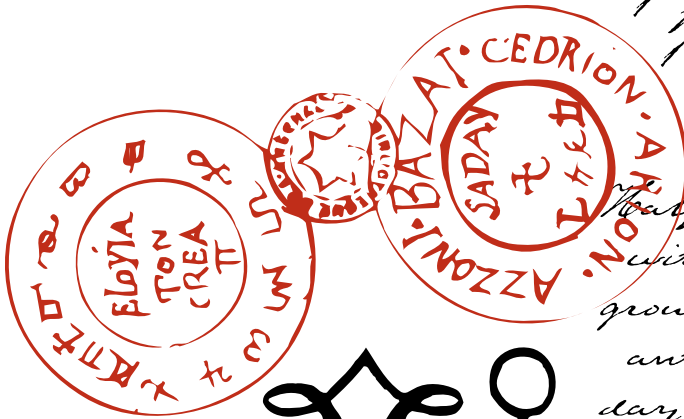
3 parts Rue
2 parts Rosemary
1 part Vetiver
1 part Hyssop
1 part Mistletoe

Brew as usual, strain and anoint each window and door of the house. Pour the rest down the drains to safeguard them.

Do not drink!

ISIS HEALING BREW

1 part Rosemary
1 part Sage
1 part Thyme
1 part Cinnamon



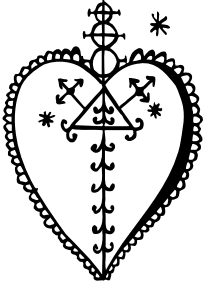
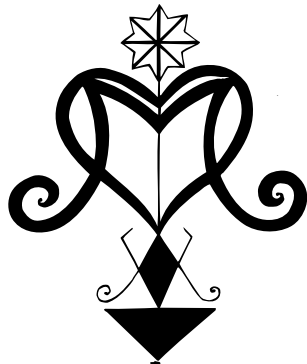
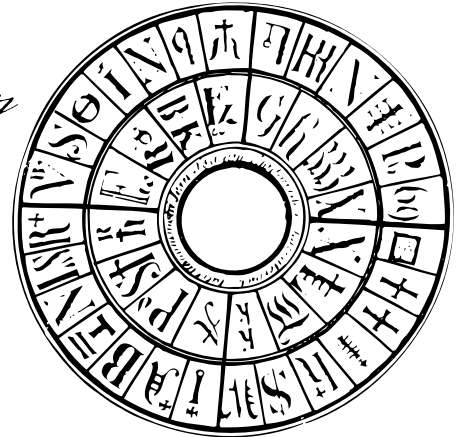
Half fill a blue-glass bottle with fresh water. Add the ground, empowered herbs to it and let this sit in the sun all day. If by sunset the water has been colored by the herbs, it is ready for use. If not, store in the refrigerator overnight and steep in the sun the following day. Strain. Anoint the body or add to bath water while visualizing yourself as being in perfect health.

To Make Hard Soap

Place 4 oz. of castile soap, cut into cubes, into a heat proof non-metallic container. Add nearly boiling water. Let cool slightly. Mix together with hands.

Let sit for 9 minutes.

Mix together oils and empower. Add to soap mixture. Divide into 3 or 4 parts. Wrap and tie into cheesecloth. Hang in warm place for three days.



* G * E *



Hooves



Silver Birchbark

Powdered ultramarine pigments, oat bran, tapioca, and cinnamon are some of the ingredients that find their way into Woodsperits soaps.

Paprika is sifted into a bucket of Portuguese Breakfast soap.

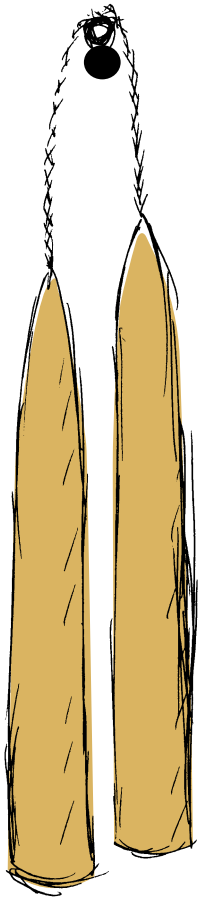


Lenna Pods



CANDLE LORE

Dipped candles



Two candles are dipped at once, one at either end of a wick.

Melt beeswax or paraffin in a double boiler. The container for the wax can be a candle-dipping pot or any pot tall enough to accommodate the length of candle you're making; it should be placed in a stockpot about half full of water set over an electric burner on high heat. Monitor the temperature with a candy thermometer; it should remain below two hundred degrees. Because heated wax can ignite, never leave it unattended, and lower the heat immediately if you smell the wax burning or if it starts to smoke. Two to three pounds of wax may require an hour or more to melt. The color can be deepened with shaving from a block of darker beeswax or wax-cake pellets.

As the wax is melting, prepare the wick: Cut a length of wicking that will leave enough room for dipping a candle on each end. Tie weights to wick ends—try fishing weights, metal nuts, or several pennies stuck together with bits of soft wax. Use fifteen-ply wicking for thin tapers, twenty-four-ply for candles thicker than half an inch.

Test the temperature of the wax and seal the wick by dipping the ends, up to the desired length of the candles, into the melted wax. It should harden four seconds after the wick is removed (at about 165° degrees). To make the candles: Hold the wick at the midpoint, dip the ends into the wax, then plunge the candles into cold water. Repeat this process until the candles reach the desired diameter.

Hang the finished candles over a broom balanced on two chair backs, making sure the candles don't touch. Allow them to harden for a day in a cool, draft-free spot. With a mat knife, slice off the weights and reshape the ends to finish the taper bottoms.

Rollled Candles

These candles are made from softened sheets of solid beeswax.

Heat an electric griddle to three hundred-fifty degrees or an oven to two hundred-fifty degrees.

If using a griddle, lay a sheet of wax on a piece of terrycloth toweling that has been cut to size. Heat for three or four minutes. When the sheet is warm and pliable, remove it quickly and place on a work surface. To soften in an oven, place the sheet on a towel-covered cookie sheet and warm for two minutes. Using a mat knife, cut the wax to the desired height of the candle.

- I. Lay a length of wicking (slightly longer than the wax) along one end of the sheet. Roll the wax, keeping the ends even.
- II. To make a square candle, press down as you roll the wax until you have four flat sides.
- III. When the candle has reached the desired dimensions, slice off excess wax. For an outer skin of different hue, roll the cooled candle in another sheet of softened wax.
- IV. To finish the candle and erase the seam, roll it quickly on a metal bar (available from scrap-metal dealers) that has been heated on the griddle or in the oven. For a square candle, press each side against the bar.
- V. Smooth rough edges with a warm metal tool such as a palette knife or a trowel.

