

*Valentine's Day Recipes & More!*



*Valentine's Day*

*Recipes & More!*



By *Sensual*

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### *Introduction*

Greetings fellow romantics, and thank you for buying this E-book! As you know, Valentine's Day is sooooo, very special to those of us that have a significant other half! It is a day in which we can reflect and celebrate our love with our, ever so special someone, and honour the relationship we have created through our mutual love!

Having a special day that embraces the bond between lovers only reinforces this bond, which is such a wonderful and beautiful thing! Thankfully we have such a day as Valentines Day, to allow this!

There are so many things you can do to celebrate this day, and many ways to show your undying love to your other half! It could be an excursion to some romantic retreat for a weekend, or perhaps an exchange of gifts that could be cherished for years to come! Maybe some beautiful lingerie to make the day really red-hot! Perhaps you will stick with the traditional chocolates and bouquet of red roses, and enjoy a romantic home cooked meal made for two, using some of the recipes that are included within this e-book.

Whatever your fancy, it's surely a day that you should spoil your lover. If not, there may be trouble a brewing! So don't put it off, go for it and let your passion for your lover take over! It will only strengthen your bond tremendously, and that is worth more then anything in this world! *"To love is to live, but if your not loving, then you're not living -Sensual"*

### *Valentine's Day History*

Valentine's Day started during the rule of Emperor Claudius II. Rome had been involved in many bloody and unpopular wars. Claudius the Cruel, as he was known, was having a difficult time getting soldiers to join the military. He believed the reason was because Roman men didn't want to leave their loves or families. As a result, Claudius cancelled all marriages and engagements in Rome.

During this time, there was a Christian priest named Valentine who defended love in the empire. Valentine began to secretly marry couples despite the Emperor's orders. When Emperor Claudius was informed of such ceremonies, Valentine was sent to prison where he remained till his death on February 14 in the year 270. Not even a Valentine's card from the Emperor while in prison, LOL...well those came much later!

It wasn't until hundreds of years later that Valentine's Day began to develop, as we know it. At the time of Valentine's death, Christianity was beginning to take control of Europe. Roman Catholicism sought to do away with pagan holidays. Valentine's Day came to replace a mid-February fertility festival called Lupercalia. During Lupercalia, but in honour of the goddess Juno Februata, the names of young women were put into a box and lot drew names. The boys and girls who were matched would be considered partners for the year, which began in March. The early Roman men often wore the names of the girls who were to be their partners during the Lupercalia, pinned to their sleeves. Even today we say that a man wears his heart upon his sleeve when he shows his interest in a lady.

Sometimes the couple exchanged presents. Ladies often received perfumed gloves or fine jewels. After the Lupercalia became a saint's day honouring Saint Valentine, (a time for anyone looking for a mate). In the 17th century a hopeful maiden ate a hard-boiled egg and pinned five bay leaves to her pillow before going to sleep on Valentine's eve. She believed this would make her dream of her future husband. Later, people began to exchange valentine cards instead of presents. The Duke of Orleans is believed to have made the first valentine card. Imprisoned in the Tower of London in 1415, he wrote love poems, or valentines," to his wife in France. It is now in the British Museum.

Sweethearts exchanged handmade cards during the 17th and 18th centuries. The French trimmed huge paper hearts with yards of real lace. Valentine cards became popular in the United States during the Civil

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