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Joyce's Journal

A monthly dispatch from Joyce A. Miller, Writer



WHY CHOCOLATE ON VALENTINE'S DAY?

As I continue to write Corinne Melcher's story, I find things that happened to her in the early 1900s intriguing. Perhaps her husband Gari sent her one of the first Valentine's Day heart-shaped boxes of chocolates. Milton Hershey started the production of the first "kisses" in 1907. But it was chocolatier Russell Stover who linked chocolate with romance by introducing the heart-shaped box of chocolates to America in 1923. The "Secret Lace Heart" was a heart-shaped box covered in satin and black lace filled with a variety of their best chocolates and was their biggest seller. Perhaps Corinne retained the lace heart box as a memory keeper to save the love letters she received from Gari. Would she pull the heart box down from the shelf in her closet from time to time to read her old letters and would the letters have a hint of that chocolate smell?

Russell Stover got the idea of the heart-shaped box from London chocolatier Richard Cadbury. Cadbury created beautiful boxes for chocolates with cupids and roses during the Victorian era and they became the symbol of romance. He was the first to create a heart-shaped box in the 1860s and changed Valentine's Day forever.

What is your preferred gift to give on Valentine's Day?

A GLIMPSE OF
WHAT'S INCLUDED:

**A paper mug card for
your Valentine!**

Chocolate is a great mood enhancer. Chocolate releases brain chemicals that are soothing and increase desire. European royalty gave their lovers chocolates to stimulate their love. Chocolate, especially the dark one, is good for your health. Dark chocolate contains chemicals which lower the risk of cancer and heart disease. It's good for your heart, literally! So, eating chocolates on Valentine's Day might be the perfect way to celebrate your love.

February is a big celebration month for me. My husband's birthday is on February 12th and he's turning 70 this year. Valentine's Day is February 14th. And then our 27th wedding anniversary is on February 16th. We're going on a gastronomy tour of some of Chicago's Michelin-starred restaurants to celebrate all these dates.

As the bonus for February's newsletter, I'm attaching a pdf printable of a paper mug that you can turn into a card to fill with a hot chocolate mix or herbal tea for your Valentine. Drop me an email or tag me on Instagram to show me the cards you've made!

I live in the Church Hill section of Richmond, VA with my husband and my retired racing greyhound. Before I started writing, I worked for 30 years at a nuclear physics research laboratory.

Do what you came here for!



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MUG CARD

1. TRACE TEMPLATE ONTO CARD STOCK
2. FOLD ON DOTTED LINE, SMALLER HALF ON TOP OF LARGER HALF
3. GLUE SIDE & BOTTOM EDGES ABOUT 1/4"
4. DECORATE MUG AS DESIRED
5. SLIP A PACKET OF HOT COCOA MIX OR A COUPLE TEA BAGS

