

This year,

how will you say

"I love you"?

Tips for choosing the perfect Valentine's gift

Are you having a hard time deciding what to give your sweetheart for Valentine's Day? Do you want to give them something beyond the customary flowers and box of chocolates? If so, here are some tips for finding the perfect gift.

- **Think about them:** consider what they like and any hobbies they may have.
- **Listen to them:** they may be dropping hints. Have they recently mentioned something they'd like to buy? You'll get extra brownie points for getting them something they talked about wanting months ago.
- **Ask for help:** if you've been wracking your brain but can't think of anything, asking somebody they're close to could help. Their mom, best friend or brother may have a good idea you haven't thought of.
- **Remember who it's for:** don't buy them tickets to an event you'll be more excited about than they will. If you're going for an experience as a gift, make sure it's something they'll enjoy.

By following these tips, you'll be sure to wow the person you love most.



Four things to avoid cooking on Valentine's Day

Have you offered to make somebody you love a romantic Valentine's Day dinner but aren't the best cook? While there are countless recipes out there for people who aren't adept in the kitchen, here are four meals you'll definitely want to avoid serving.

1. **Anything too spicy:** some people love spicy foods like curries, chilies and anything covered with hot sauce, but for the uninitiated, these foods can cause major stomach issues that could put an early end to your romantic evening.
2. **Anything that requires a bib:** lots of people love to crack into a lobster or crab, but eating these shellfish can be incredibly messy. If you're going to go the seafood route, serve the meat without the shells.
3. **Anything too heavy:** you might be tempted to serve a robust dish you know your sweetie will love like steak and potatoes. However, eating a heavy meal is more likely to put your love interest to sleep than it is to put him or her in the mood for romance.
4. **Anything too complicated:** while you might love the idea of making a cheese soufflé or French macaroons, the truth is that these dishes are extremely finicky, even for an experienced chef. It's best to leave these recipes for a night when there's less at stake.

You don't need to be fancy to impress your date. The important part is spending some time together, even if it means ordering a pizza after you've burned the chicken.



Dude, you'll regret this

For Valentine's? Dude. Don't do it!

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