

A New York corporation.

5. SOLE VOTING POWER
13,400
NUMBER OF
SHARES 6. SHARED VOTING POWER
BENEFICIALLY - 0 -
OWNED BY EACH
REPORTING 7. SOLE DISPOSITIVE POWER
PERSON WITH 13,400

8. SHARED DISPOSITIVE POWER
- 0 -

9. AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH
REPORTING PERSON
13,400

10. CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (9)
EXCLUDES CERTAIN SHARES*

11. PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW 9
.14%

12. TYPE OF REPORTING PERSON*
IC

SCHEDULE 13G

Item 1 (a). Name of Issuer
IHOP Corporation

Item 1 (b). Address of Issuer's Principal
Office:
525 North Brand Boulevard
Glendale, CA 91203-1903

Item 2 (a). Name of Person Filing
Metropolitan Life Insurance Company
By Jane C. Weinberg, Associate General
Counsel.

Item 2 (b) Address of Principal Business
Office:
One Madison Avenue
New York, New York 10010.

Item 2 (c). Citizenship
A New York corporation.

Item 2 (d). Title of Class of Securities
Common Stock

Item 2 (e). CUSIP Number
44962310

Item 3. If this statement is filed pursuant to
Rules 13d-1(b), or 13d-2(b), check whether the
person filing is a:

- (a) Broker or Dealer registered under
Section 15 of the Act.
- (b) Bank as defined in Section 3 (a) (6) of
the Act.
- (c) Insurance Company as defined in Section

3 (a) (19) of the Act.

(d) Investment Company registered under Section 8 of the Investment Company Act.

(e) Investment Adviser registered under Section 203 of the Investment Advisers Act of 1940.

(f) Employee Benefit Plan, Pension Fund which is subject to the provisions of the Employee Retirement Income Security Act of 1974 or Endowment Fund

(g) Parent Holding Company, in accordance with Section 240.13d-1(b) (ii) (G) (Note: See Item 7).

(h) Group, in accordance with Section 240.13d-1 (b) (1) (ii) (H)

SCHEDULE 13G

Item 4. Ownership.

If the percent of the class owned, as of December 31 of the year covered by the statement, or as of the last day of any month described in Rule 13d-1(b) (2), if applicable, exceeds five percent, provide the following information as of that date and identify those shares which there is a right to acquire.

(a) Amount Beneficially Owned: N/A

(b) Percent of Class: N/A

(c) Number of shares as to which such person has:

(i) sole power to vote or to direct the vote: N/A

(ii) shared power to vote or to direct the vote: N/A

(iii) sole power to dispose or to direct the disposition of: N/A

(iv) shared power to dispose or to direct the disposition of: N/A

Item 5. Ownership of Five Percent or Less of a Class.

If this statement is being filed to report the fact that as of the date hereof the reporting person has ceased to be the beneficial owner of more than five percent of the class of securities, check the following .

Item 6. Ownership of More than Five Percent on Behalf of Another Person.

Not applicable.

SCHEDULE 13G

Item 7. Identification and Classification of the Subsidiary Which Acquired the Security Being Reported on By the Parent Holding Company: Not applicable

Item 8. Identification and Classification of Members of the Group.

Not applicable.

Item 9. Notice of Dissolution of Group.

Not applicable.

Item 10. Certification.

By signing below I certify that, to the best of my knowledge and belief, the securities referred to above were acquired in the ordinary course of business and were not acquired for the purpose of and do not have the effect of changing or influencing the control of the issuer of such securities and were not acquired in connection with or as a participant in any transaction having such purpose or effect.

Signature.

After reasonable inquiry and to the best of my knowledge and belief, I certify that the information set forth in this statement is true, complete and correct.

Date: February 6, 1997

Signature: /s/ Jane C. Weinberg

Jane C. Weinberg

Associate General Counsel