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FOR IMMEDIATE RELEASE:

EIU RECIPE-A-DAY COOKBOOK: A CHRISTMAS GIFT FOR ALL SEASONS

CHARLESTON -- Eastern Illinois University's Interfraternity Council "cooked up" something a little different in the way of a fundraiser in 1997 and, with the help of fellow EIU students, faculty, staff and the university's Parents Club, they pulled it off.

The *EIU Recipe-A-Day Cookbook* recently underwent its third printing, ensuring plenty of copies for those seeking a unique Christmas gift.

"The students were looking for something different as a fundraiser," said Becky Marushak, assistant director of student life. "Something different from candy sales or car washes."

The idea of a cookbook came from East Peoria graduate student Ryan Willerton -- or, more specifically, from his mother who works for G & R Publishing Co., of Waverly, Iowa.

"(Willerton) brought the information back to the Interfraternity Council, they discussed it and thought it was a great idea," Marushak said. (The IFC -- the governing body of the 11 National Interfraternity Conference fraternities at Eastern -- provides leadership, service and educational and social opportunities for more than 700 young men at Eastern.)

Early in the year, the call went out for recipes. The group made use of the EIU in-house newsletter, distributed weekly to all faculty/staff members, and the quarterly newsletter mailed out to the nearly 2,000 members of Eastern's Parents Club.

"We had a real good response," Marushak said. "There were some exact duplications, some

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variations of certain recipes. We had a good mix of recipes from students, EIU staff and parents. Overall, we got enough recipes for a good quality cookbook.”

And, Marushak added, interestingly enough, the all-male IFC showed no hesitancy, no skepticism over the work it took to put out a cookbook. “They thought it was fun to put together and went at it with the idea that the purchasers of the book would get a lot from it.”

The finished project consists of 244 pages of recipes representing appetizers, dips, breads, soups and salads, main dishes, cookies, pies and cakes, desserts, beverages and “Parents Club Favorites.” There are recipes for dishes to feed large crowds; there are recipes for those who prefer to eat alone. There are traditional recipes; there are some not-so-traditional recipes -- “Grilled Peanut Butter and Cheese Sandwiches” and “Fried Cheerios,” for example.

The names of those who submitted the recipes are included as well, and are another indication of the cooperative spirit that went into making the cookbook a reality. The names of EIU students’ parents and grandparents are intermixed with those of students, staff, faculty and administration. Even Eastern’s mascot -- Billy the Panther -- has some favorite dishes represented.

A recipe for “Mushroom D’Olive Cheese Squares,” a favorite of the late Sen. Babe Woodyard, is also included, having been submitted in his memory by Christine Merrifield, Eastern’s director of governmental relations.

Additional pages in the cookbook contain information such as conversion charts, substitution possibilities and more than 400 household hints.

Anyone interested in buying a cookbook should contact Eastern’s Student Life Office, Room 316, Martin Luther King Jr. University Union, (217) 581-3967. The cost is \$10 per book, plus \$2 shipping and handling if mailed.