



ideal size for bar-b-que
Swifts frozen, deep ba

butterball turkey

Canada Grade A
limit 2 butterball turkey

Turkey on the Spit

- 1 (under 10 lbs.) pre-dressed young turkey, defrosted salt and pepper
- 1/4 cup of clarified butter
- juice of 1/2 lemon
- 1 teaspoon worcestershire sauce

Since the turkey will cook for several hours it is essential that there be a sufficient amount of coals. During the cooking, you may find it necessary to add charcoal so as to maintain a constant heat level.
Wash the defrosted turkey inside and outside under cold running water and dry it thoroughly with paper towels.
If you wish, stuff the turkey with your favourite stuffing recipe.
Secure the bird with skewers or sew closed with a trussing needle and kitchen string.
Mix together the butter, the lemon juice and the worcestershire sauce and brush the turkey generously with the mixture. Season the turkey with salt and pepper.
Insert the spit through the turkey lengthwise and secure the drumsticks and wings to the spit. Insert the meat thermometer in the inner-thigh. Position the spit and place a small aluminum foil pan under the turkey to catch the drippings.
Start the spit and roast the turkey for approximately 18 to 22 minutes per pound. The thermometer should read 185°F when cooking is complete. Brush the turkey with the basting mixture occasionally.
When the turkey is cooked, transfer the bird to a service platter and let it stand 10 minutes before carving.

more meat values

Tasty King Brand, vac pac corned beef brisket	ib.	was 2.48 1.98
frozen Ponderosa Steak House all beef steakettes	2 lb. pkg.	was 3.58 3.38
fresh boneless chicken breasts	lb.	was 3.38 2.98
Swifts Sizzlean	12 oz. pkg.	was 1.89 1.69
Claussen Brand whole or halves dill pickles	32 oz. jar	was 1.88 1.68
6 specified varieties, sliced Buddig smoked meats	71 g pkg.	was .95 .79
regular or thick Loblaws bologna	1 lb. pkg.	was 1.58 1.38
Ziggys frankfurters	1 lb. pkg.	was 1.78 1.58
Ziggys 8 specified varieties cooked meat chubs	8 oz. each	was 1.49 1.09
store packaged Z & W Foods Polish sausage	lb.	was 1.89 1.59
Loblaws 3 specified varieties cooked meat chunks	lb.	was 1.98 1.68
Cliffside Brand meat pies	30 oz. pkg.	was 1.89 1.75
Nickerson Brand frozen cod fillets	20 oz. pkg.	was 2.99 2.39
Clear Springs Brand frozen rainbow trout	10 oz. pkg.	was 2.35 1.98

save on Swifts brand meats

Swifts
Lazy Maple
side bacon
sliced

was 1.78

1 lb. pkg. **1.28**

save .50

Swift Premium
wieners

was 1.68

1 lb. pkg. **1.28**

save .40

Swifts
Lazy Maple
pork sausage

was 1.92

1 lb. pkg. **1.58**

save .34

Bartlett produce of U.S.A. new crop
pears no. 1 grade

save .10 lb. **.69**

produce of U.S.A. no. 1 grade

tomatoes

save .40 2 lb. tray **1.29**

Ontario grown no. 1 grade

cucumbers

save .43 **3/89**

more grocery values

all varieties Clark stew	24 oz. tin	was 1.66 1.55
in tomato sauce, with pork or vegetarian deep browned Libby's beans	14 fl. oz. tin	was .58 .55
McLarens sweet mixed pickles	24 fl. oz. jar	was 1.07 .99
McLarens bread 'n butter pickles	24 fl. oz. jar	was 1.05 .95
tender vittles, all flavours Purina cat food	340 g box	was .85 .77
beef, chicken or liver Derby dog food	2 15 oz. tins	was .35 ea. .63
pink, white or yellow Royale 2 ply bathroom tissue	4 roll pkg.	was 1.29 1.18

printed white
Royale 2 ply
paper towels

2 roll pkg. **1.19**

laundry Shout
soil and
stain remover

10 oz. aerosol tin **1.36**

Tide
laundry
detergent

12 litre box **6.45**

Kraft
mayonnaise

500 mL jar **1.26**

Aim
toothpaste

100 mL tube **1.19**

Cow Brand
baking soda

500 g box **.47**

multi-pak, Malted Milk, Crispy Crunch,
assorted or Jersey Milk
Neilson
chocolate bars

8 bar poly bag **1.94**

Black Flag
ant traps

3's pkg. **.79**