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The week's best buys

BAT

The Independent

Ethical investing is often a "bull market nicety that is shunned in a recession" for simple self-preservation. British American Tobacco is doing well in the Middle East and is likely to increase its dividend yield. Buy. 1,540p.

BP

Investors Chronicle

A massive 9% dividend yield is just one reason to buy BP shares, at least in the short term. The company may be vulnerable to the falling oil price, but it is still extremely cash-generative and able to cover the dividend. Buy. 431p.

Britvic

The Independent

The world's equity markets might be in a woeful state, but drinks group Britvic "is thriving". Britvic is by no means recession-proof, but the stock is cheap and the group is making lots of money. Buy. 184p.

Carillion

Investors Chronicle

Part of the construction services group's strength lies in its diverse revenue stream. It has strong cash-flow, a "comfortable level of debt", offers a 5% yield and assured revenues thanks to its weighty order book. Buy. 252p.

Filtrona

The Daily Telegraph

This plastics and fibre products supplier makes everything from cigarette filters to parts for Boeing. It has problems, but they will not last forever as it benefits from low commodity prices. The stock is cheap. Buy. 129p.

Pure Circle

The Sunday Telegraph

Sugar wars "are never attractive", but minnow Pure Circle is "staging its own quiet offensive" on the £50bn-a-year market. It has come up with a new sweetener that is both versatile and completely natural. Buy. 142p.

Savile Group

Shares

Outplacement specialist Savile looks like "a punt worth taking" in the short term. Its expertise is in career guidance for people who have been made redundant. It has outperformed the market by 364% in the past year. Buy. 28p.

Senior

The Daily Telegraph

Near-term concerns look overdone. The aerospace and transport components engineer has a Boeing/Airbus order book that stretches for seven and a half years and is also a supplier on American defence projects. Buy. 42p.

SSL International

The Mail on Sunday

Investors beginning to "sniff around for the bargains" of the crash could do worse than SSL, which owns Scholl footwear and Durex condoms. Cash-flow is strong and underlying profits are rising. Buy. 444p.

...and some to sell

JD Wetherspoon

Investors Chronicle

High levels of debt have turned pubs from "relatively defensive" businesses into cyclical ones. Costs are rising and because JD Wetherspoon runs its own pubs, it has no buffer zone against tough trading conditions. Sell. 229p.

Laird

The Independent

Demand for Laird's electronic and technology products has slowed. It may be taking actions to reduce costs, but things are unlikely to get easier for its customers in the near future. Investors should cut and run. Sell. 167p.

Mondi

The Times

Shares in the South African paper maker have "been through the shredder" since its demerger from Anglo American last year. Demand in Western Europe has failed to materialise and Mondi's market is shrinking. Sell. 203p.