

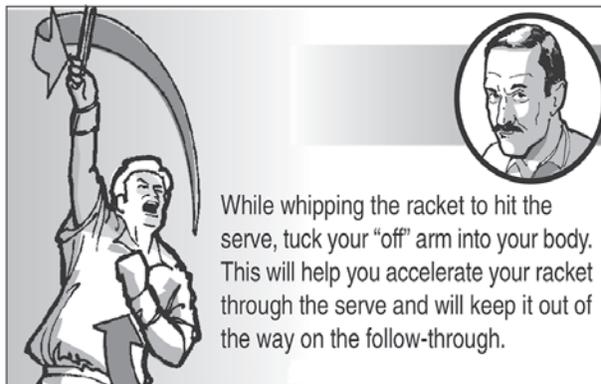
STAN SMITH'S TENNIS CLASS

LOOK UP ON THE SERVE

On your serve, keep your eyes on the ball as you make contact. This keeps your shoulder and chin up, and helps prevent you from pulling the ball down into the net.



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While whipping the racket to hit the serve, tuck your "off" arm into your body. This will help you accelerate your racket through the serve and will keep it out of the way on the follow-through.

Good Housekeeping

Healthy Key Lime Pie

Fat-free sweetened condensed milk and fat-free yogurt trim the fat and calories from this luscious lime pie.

- 1 1/4 cups low-fat graham cracker crumbs
- 4 tablespoons trans-fat free vegetable oil spread (60% to 70% oil)
- 1 tablespoon sugar
- 1/8 teaspoon salt
- 1/3 cup cold water
- 1 envelope unflavored gelatin
- 22 Key limes or 4 to 5 regular limes
- 1 can (14-ounce) fat-free sweetened condensed milk
- 1 1/2 cup plain fat-free yogurt

1. Preheat oven to 375 F. In 9-inch glass pie plate, mix crumbs with spread, sugar and salt to moisten. With hand, press onto bottom and up sides of pie plate. Bake 10 to 12 minutes, until golden. Cool until ready to fill.

2. Meanwhile, to 1-quart saucepan, add water; sprinkle with gelatin. Let stand 2 minutes to soften. Cook on low to dissolve, stirring. Remove from heat.

3. From limes, grate 2 teaspoons peel and squeeze 1/2 cup juice; if using Key limes, do not use grated peel -- it will make filling taste bitter. In bowl, whisk lime peel and juice, milk and yogurt. Whisk in gelatin mixture.

4. Spoon filling into crust. Cover; refrigerate at least 2 hours to set. Serves 10.

* Each serving: About 235 calories, 5g total fat (1g saturated), 6mg cholesterol, 185mg sodium, 42g total carbohydrate, 7g protein.

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• "If you add a teaspoon of sugar to your biscuit mix or to the dough for rolls, it will help them to brown well, and they will come out of the oven with golden tops." – J.R. in Michigan

• Two ways to save money on laundry expenses: First, spring and summer are an excellent time to get into line-drying clothes -- especially towels and jeans that take longer to dry thoroughly in a dryer. Then, clean out and shorten your dryer's vent hose to make your machine more energy efficient. It cuts down on drying time, too, saving you time AND money.

• "Got an odd job coming up? Before you go out and purchase an expensive limited-use tool, check with friends and neighbors to see if you can borrow instead of buying. Check with local hardware stores to see if it's cheaper to rent, too." – S.L. in Kentucky

• "I have pets that leave hair and dirt on the couch. When I wash my cushion covers, one thing I always do is put them back on the pillows when they are not quite dry. They stretch better when they're a little bit damp. I had a terrible time a few years ago when I let them dry all the way and couldn't get them back on!" – H.P. in Arizona

• "To clean burned-on bits from your cast-iron skillet, scrub with a plastic scrubbie and salt as an abrasive. Dry immediately and rub with oil to keep moist." – R.T. in Ohio

Send your tips to *Now Here's a Tip*, 628 Virginia Drive, Orlando, FL 32803.

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