

## Ironing: it's a chore, but don't get sore

10.07.11

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It's one of those chores loathed by all. Some of us can get away without doing it (and somehow, miraculously survive) while others, sticking staunchly to the house-proud manual, would balk at the idea of neglecting such a seemingly essential task. After all, how would it look if you turned up to work in a crumpled shirt, not to mention a skirt full of creases? Probably not the impression you want to create. Oh yes, we are indeed a nation of ironing haters, but most of us acknowledge it as a necessary evil. Perhaps we can significantly reduce the mind-boggling boredom by ironing whilst watching the likes of *Jeremy Kyle* (if you are a "'work-from-home' sort of gal, of course) or having *How to Look Good Naked* on in the background. It can take the edge off the boredom, certainly. But what do you do, if your ironing board just isn't up to scratch? Maybe the height adjustments only go *so far*, leaving you bent over and groaning to yourself as you slide that pesky iron over your work clothes. Eventually, that's gonna hurt. Your back and shoulders are not going to thank you for it, not to mention that poor neck of yours. So what's the solution? Do you sit down to iron? Not ideal: there would still be an element of bending over to perform your dutiful clothes-straightening procedures and, let's face it ladies, once you sit down, you're not going to want to stand up again. Especially when the lovely Gok Wan is instructing masochistic would-be fashionistas to strut their stuff amidst a gawping audience. Turning off the telly would be a crime in such circumstances. Gok or not, we all know that ironing takes that bit longer for us tall ladies, especially when the board just isn't long enough and our clothes hang over the edge. In fact, the whole process is just down-right annoying: shift up, adjust and iron. Shift up, adjust and iron. Repeat as necessary. It's not my idea of fun, anyway. Yet, the internet is a beautiful thing, right ladies? What you can't find in your average high street shop, you will almost certainly find online in a specialist store. The folks at [IroningBoardShop](#) for example, have the ultimate height-adjustable boards that can be adjusted from around 51cm to 96cm. They are also extra wide to accommodate all that extra leg (and arm) room. Prices range from £38 to just under £90, so it's great if you are on a budget. Alternatively, if you fancy something a bit more up-market, US-based Williams Sonoma provide a good range of wide ironing boards, (in pounds sterling), as well as other household items perfect for the taller lady. Ironing may be a chore, but by buying the right height-adjustable product, it doesn't have to make your back sore! Share your experience or tips in the comments And don't forget to read our [A-Z of](#)



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