Diafine from Moscow :)
Hello friends,

the formula is quite simple, I just believed what Internet people say (after having compared the gross weights of the parts with those courteously provided on an original package, though).

Part A:
Sodium sulfite, anhydrous 35g
Hydroquinone 6g
Phenidone 0.2g
Potassium metabisulfite 6g
Water to 1l

Part B:
Sodium sulfite, anh. 65g
Sodium tetraborate, X10H2O 20 g
Water to 1l

I took potassium metabisulfite instead of recommended sodium bisulfite because the former replaces the latter freely weight by weight, and it's more stable. Also, I got only metabisulfite on my shelf The people make much fuss about the alkali used in a part B - the tetraborate works fine, so I see no point to try any kodalk (metaborate) or even carbonate, as some folks could suggest here and there. I am absolutely sure you should make our solutions at least the night ahead your development (as with any phenidone-containing solutions), so it ripens well.

I always use isopropylic alcohol to dissolve phenidone - about 20 ml per liter works fine. Apart from its capabiliy to dissolve the stubborn powder, it probably adds to the shelf life of my mixtures.

The process is quite simple: load your film in the tank, and fill it with enough part A (temp. about 20-22 C, though people claims it makes no much difference). I agitate the film in A quite vigorously, maybe 20 sec of each minute for 5 min. Then you dump the A solution back into the bottle, and fill the tank with part B, the quicker the better to avoid streaks. You should give your tank a good tap to avoid any bubbles clogging to film. I agitate in B not too strongly, like two slow inversions each minute for 5 min. After you're done with B, dump it in its bottle, rinse the film with a tap water, and pour in the fixer. Process as usual further. It should work fine!

Cheers from Moscow,
Zhenya