Silver staining

1- fix the gel  50% MeOH, 5% Acetic Acid  20min
2- wash       50% MeOH           10min
3- wash       water             2h (or O/N for less bkg.)
4- sensitize  0.02% Na$_2$SO$_3$  1min
5- wash       water             1min
6- wash       water             1min
7- incubate   COLD 0.1% AgNO$_3$  20min
8- wash       water             1min
9- CHANGE TO NEW CONTAINER
10- Wash       water             1min
11- develop    0.04% formalin, 2% na$_2$Co$_3$
               change solution when developer turns yellow
               terminate when staining OK
12- terminate  5% acetic acid  repeat 2X
13- store      1% acetic acid  4°C