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heating the chamber and spring to more than about 400 degrees C. and less than about 600 degrees C. for a period of mote than about two minutes; and permitting the spring outer diameter to grow to the inner diameter of the chamber, and permitting the spring length to grow to the length of the chamber. 5
2. The method of claim 1 which further comprises: heating the chamber and spring after said permitting to more than about 900 degrees C. for a period of less than about ten seconds; and 10
quenching the chamber and spring in water.

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3. The method of claim 1 which further comprises: removing the spring from the chamber after said permitting; putting the spring in a fuel rich flame for more than about one second and less than about five seconds, said putting being after said removing.
4. The method of claim 3 which further comprises quenching the spring in water after said putting.

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