

R^{205} , R^{206} and R^{207} each represents independently a cyano or a group having no more than C_{100} selected from the group consisting of an aliphatic group, aromatic group, heterocyclic group, $-OR^{211}$, $-SR^{212}$, $-CO_2R^{213}$, $-OCOR^{214}$, $-NR^{215}R^{216}$, $-CONR^{217}R^{218}$, $-SO_2R^{219}$, $-SO_2NR^{220}R^{221}$, $-NR^{222}CONR^{223}R^{224}$, $-NR^{225}CO_2R^{226}$, $-COR^{227}$, $-NR^{228}COR^{229}$ and $-NR^{230}SO_2R^{231}$, and R^{211} , R^{212} , R^{213} , R^{214} , R^{215} , R^{216} , R^{217} , R^{218} , R^{219} , R^{220} , R^{221} , R^{222} , R^{223} , R^{224} , R^{225} , R^{226} , R^{227} , R^{228} , R^{229} , R^{230} and R^{231} each represents independently a hydrogen atom, aliphatic group or aromatic group; wherein in the formula (2-4) at least one of R^1 , R^2 , R^3 , R^4 , R^5 , R^6 , R^7 and R^8 has substituent groups represented by $-NR^{271}SO_2R^{272}$, two or more substituent groups rep-

resented by $-NR^{271}SO_2R^{272}$ are contained in the molecule, and R^{271} and R^{272} each represents independently a hydrogen atom, aliphatic group or aromatic group; and wherein in the formula (2-5) at least one of R^1 , R^2 , R^3 , R^4 , R^5 , R^6 , R^7 and R^8 has one or more water-soluble groups.

20. An ink jet recording method according to claim 18, wherein the ink has a wavelength of maximum absorption ($\lambda_{max}(nm)$) in a wavelength range from 510 to 560 nm; and when absorbance at λ_{max} is regarded as 1, the absorbance is no less than 0.2 at ($\lambda_{max}+75$ nm), and the absorbance is no more than 0.4 at ($\lambda_{max}-75$ nm).

* * * * *