

The Gazelle-Head Diadem of Thutmose III

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One of the most remarkable pieces of jewelry from Ancient Egypt is an exquisitely crafted diadem attributed to King Thutmose III during the reign of the 18th Dynasty. Estimated to be over 3400 years old, this diadem showcases the advanced craftsmanship and intricate artistry that defined Egypt's golden age. Today this extraordinary piece of royal adornment is housed at the Metropolitan Museum of Art in New York, offering a rare glimpse into the opulent world of ancient Egyptian royalty.

A Masterpiece of Materials: Gold, Carnelian, Turquoise Glass, and Crizzled Glass

The diadem measures 48 x 3 cm (18 7/8 x 1 1/8 in) and is an outstanding example of Egyptian jewelry design.

Created primarily from gold, the diadem features detailed motifs of gazelle heads, which were central to its design. Gazelles were symbolic of grace, swiftness, and fertility in Egyptian culture, and their inclusion in royal jewelry would have carried deep symbolic meaning, possibly associated with divine protection or the renewal of life.

In addition to gold, the diadem incorporates a range of precious and semi-precious materials, including carnelian, opaque turquoise glass, and crizzled glass. The use of carnelian, a reddish-orange gemstone, adds a vibrant contrast to the gold, while the turquoise glass offers a vivid, almost otherworldly blue hue. The crizzled glass, though partially defaced over millennia, would have once shimmered with a brilliant finish, adding to the diadem's overall radiance.

The combination of these materials not only reflects the wealth and prestige of the pharaoh's court but also

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Turn: Washington's Spies (2014-17)

This four-season AMC TV series stars Jamie Bell as patriot spy Abraham Woodhull, who was a leading figure in George Washington's successful spy network, the Culper Ring. The show was based on the 2006 book *Washington's Spies: The Story of America's First Spy Ring* by Alexander Rose.

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The series' main villain is British officer John Graves Simcoe (Samuel Roukin), whose historical counterpart was a very different character to the one portrayed in the series. His memoir is a key primary source for the British experience of the war. I have been lucky enough to read Simcoe's handwritten copy.

Although John is the one whose name is in the title, his wife, Abigail, has an equal role in the series. My favorite scene shows Abigail putting herself and her children in smallpox quarantine in Revolutionary-era Boston. This happened as shown and sheds light on the bizarre regime in which doctors would deposit fluid from smallpox vesicles into an incision on a person's arm. Patients would



Celebrating World Pulses Day: Nourishing the Planet and People

World Pulses Day, observed on February 10, highlights the importance of pulses, beans, lentils, chickpeas, and peas, in ensuring global food security, nutrition, and sustainable agriculture. Pulses are rich in protein, fiber, and essential nutrients, making them vital for healthy diets, especially in vegetarian and vegan communities. Beyond nutrition, pulses play a crucial role in environmental sustainability, enriching soil fertility and requiring less water than other crops. The day encourages governments, farmers, and consumers to promote pulse production and consumption, supporting both health and the planet. A small seed, a big impact!

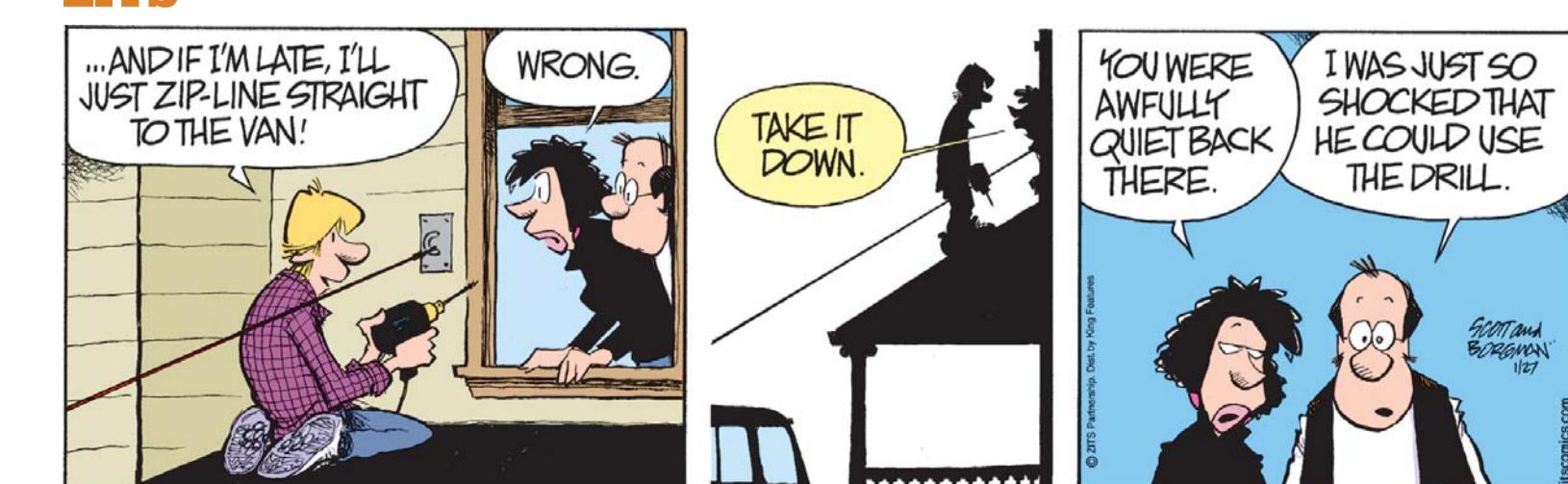
THE WALL



BABY BLUES



ZITS



The Best TV Shows About The American Revolution

#WHAT'S IN A SHOW



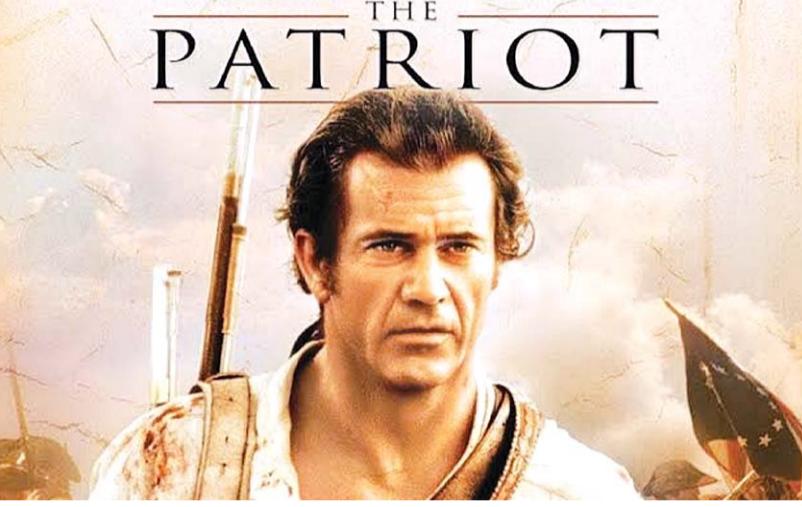
• Verna Mohon

Any discussion of films and TV series about the American Revolution has to start with a caveat. Historical movies have been around for as long as movies themselves, and films and TV series about the great founding event of the United States have been thin on the ground, certainly until the 21st century.

In 1917, an American director was even prosecuted for making *The Spirit of '76*, a film about the Revolution that criticized Great Britain, America's new ally. It wasn't

until 1985 that Hollywood tried a big-budget retelling of the American Revolution, with *Revolution*. Sadly, the Al Pacino vehicle, while spectacular, had an incoherent storyline and was an unmistakable flop. Another 15 years passed before Hollywood tried again, with *The Patriot* (2000). The Mel Gibson movie was more financially successful than *Revolution*, but arguably even less popular among the historical community.

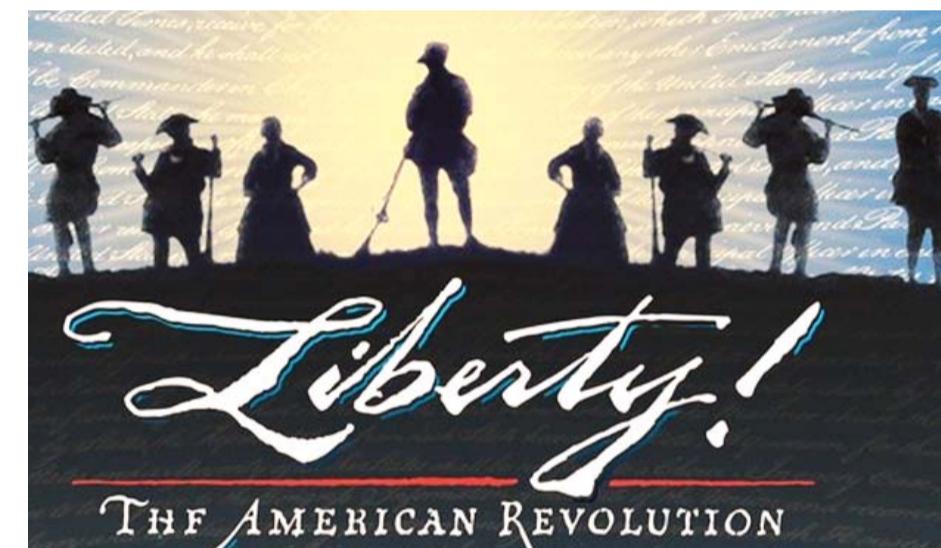
Amid all these flops, however, a few gems emerged in a different medium: television.



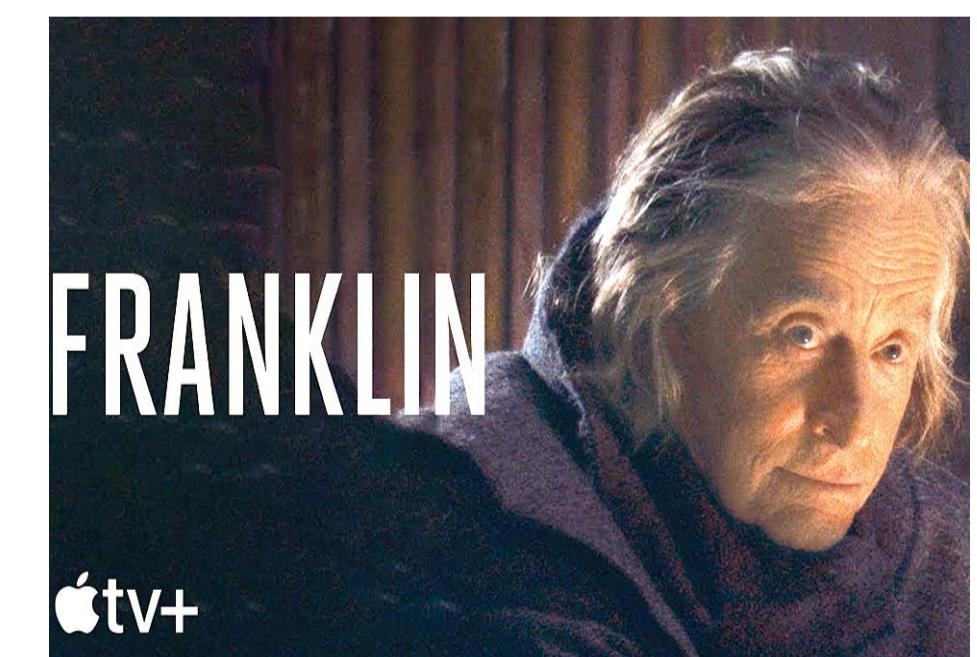
"John Adams" (2008)



"Liberty! The American Revolution" (1997)



"Franklin" (2024)



"Hamilton" (2020)



If there was just one film or TV series that inspired me to study and write about the American Revolution, it was this six-part documentary. It reached me at exactly the right time.

The PBS series contains contributions from some of the key historians of the Revolution, such as Pauline Maier, Gordon S. Wood and Bernard Bailyn. It also has readings of the words of participants on both sides of the Revolution by actors, including Philip Seymour Hoffman. The wide-ranging coverage spanned the entire conflict.

To create the series, titled 'The American Revolution,' co-directors Ken Burns, Sarah Botstein and David Schmidt, spent more than nine years interviewing scholars and conducting archival research.

Worse offence: Asking for ketchup in an Italian trattoria, especially with pasta.

3. Eating Bread Before the Meal Arrives

In many European countries, bread is part of the meal, not a warm-up act. It's meant to



fully chosen to complement the meal. Adding ice dilutes the flavor and disrupts the balance, a culinary faux pas, especially in France, Spain, or Italy.

Want your drink cold? Ask for it chilled, but skip the ice.

5. Cutting Spaghetti With a Knife

For Italians, seeing someone cut spaghetti with a knife is like watching someone cut sushi with a spoon. It just feels wrong. Spaghetti is meant to be twirled, either with a fork alone or with the help of a spoon (though, purists will say just the fork). Using a knife to chop it into bite-sized pieces is considered something only children or the hopelessly confused do.

Insider tip: After a meal in Italy (and much of southern Europe), cappuccino is a breakfast drink, full stop. It's something you sip with a pastry in the morning, never after a meal. So, when tourists ask for a frothy, milk-heavy cappuccino after lunch or dinner, Italians may raise an eyebrow. Why? Culturally and digestively, milk is best drunk heavy after a meal, potentially interfering with digestion.

2. Ordering a Cappuccino After Breakfast

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3. Putting Ketchup on Everything

Ketchup on fries? Fine. Ketchup on pasta, pizza, steak, or eggs? Prepare for a quiet existential crisis from your European hosts. In many parts of Europe, especially in Italy and France, ketchup is viewed as something like a condiment, something only children or the hopelessly confused do.

4. Adding Ice to Wine or Beer

Hands off the drink, wait for the meal.

5. These 'Rules' Matter

To Americans, these European customs may seem overly formal or even unnecessary. After all, food is about enjoyment, right? True, but in Europe, meals are about culture, tradition, and respect. The way food is served, eaten, and even discussed carries a history that spans centuries. So, while Europeans may not scold you for cutting your spaghetti with a knife, they will notice, and might quietly judge.

"When in Rome" isn't just a saying, it's a survival guide.

Conclusion: The Table Is Sacred

Traveling is about more than seeing the sights, it's about immersing yourself in how other people live, eat, and think. And at the table, nowhere is that more visible than in Europe.

So, if you're planning a trip across the pond, remember:

- Save your cappuccino for the morning.
- Don't drown your food in ketchup.
- And never, ever cut your spaghetti with a knife.

The locals will thank you, and you just might discover a deeper, slower, and more delicious way to enjoy your meals.

By Jerry Scott & Jim Borgman