

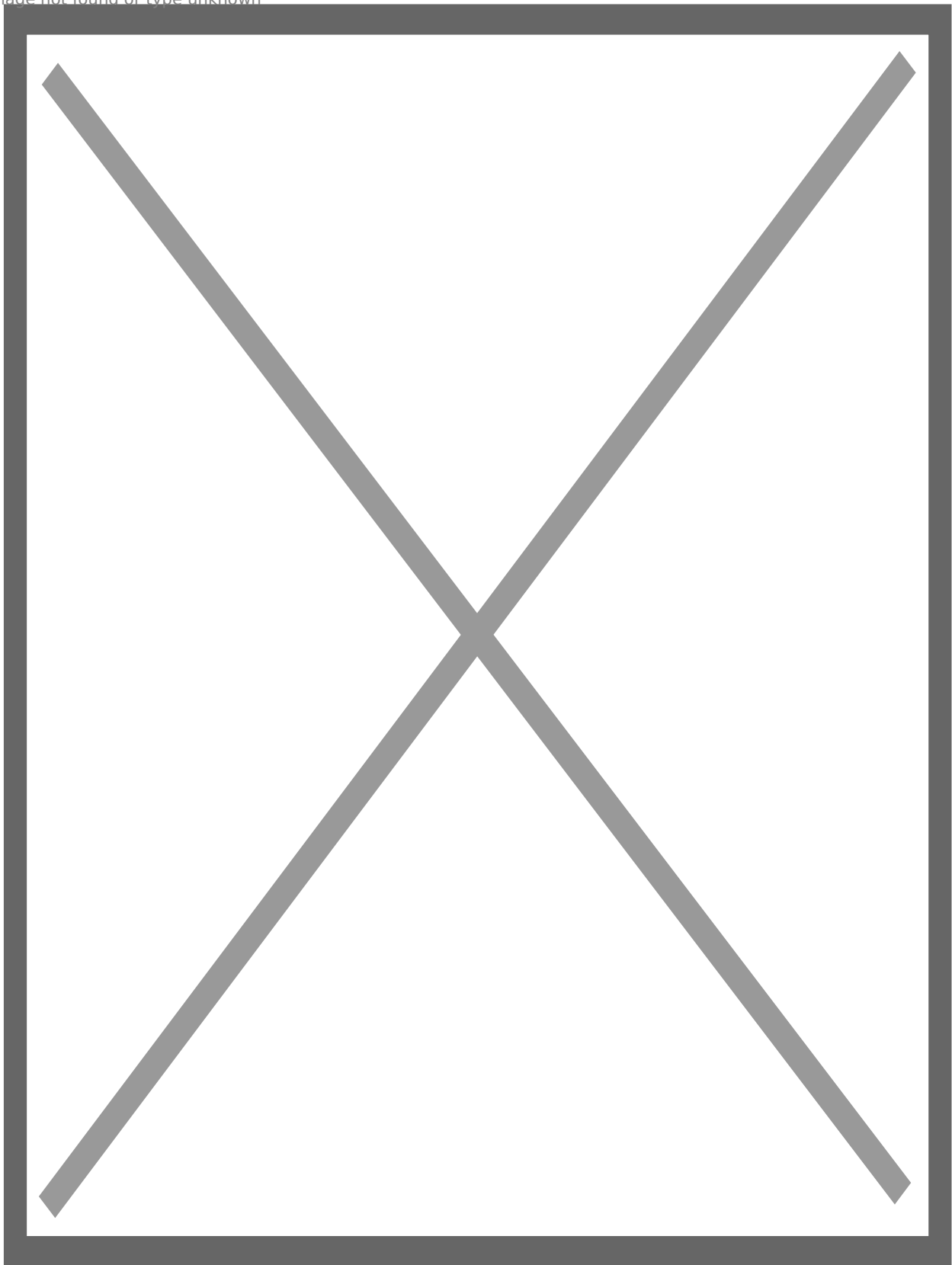
# **Episode 188 - "Epicurus And His Philosophy" Part 40 - Chapter 15 - Extension, Submergence, & Revival 03**

**Post by "Don" of August 20, 2023 at 8:40 AM**

Joshua's mention of the bread symbol was new to me. Thanks, Joshua!

That specific design then must have been based on the panis quadratus:

Image not found or type unknown



[Baking Bread with the Romans: Part II - Panis Quadratus](#)

<https://www.epicureanfriends.com/thread/3262-episode-188-epicurus-and-his-philosophy-part-40-chapter-15-extension-submergence/?postID=25604#post25604>

Taste the daily life of Romans with this recipe for Panis Quadratus: The infamous sectioned bread excavated at Pompeii and preserved for millenia after the...  
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