H$_2$ density from $t_{140\_DEN}$ using program cut3d
$-3<$x$<3$, $-2<$y$<2$, $z=0$
(Mathematica plot)
H$_2$ density from t140_DEN using program cut3d (Origin plot)
Fig. 3.14. The Brillouin zone for $\Gamma^c$. $\Gamma = (000)$; $X = (\frac{1}{2}0\frac{1}{2})$; $L = (\frac{1}{2}\frac{1}{2}\frac{1}{2})$; $W = (\frac{1}{2}\frac{1}{2}\frac{3}{4})$. $K$ and $U$, though often referred to as points of symmetry, do not come within the definition of a point of symmetry as given in Definition 3.3.1, as they possess no more symmetry than the neighbouring lines $\Sigma$ and $S$, respectively.
Si bands from t35.out (hand editing, short hack program, Origin plot)
Nice phonon band structure from t510_out.epsl using program band2ps