

Left here is some stuff and more stuff trying to get out in the middle

Right

Table 1.0
IRIS Data Frame

```
-----  
Sepal.Length Sepal.Width Petal.Length Petal.Width  
-----  
          5.1          3.5          1.4          0.2  
          4.9           3          1.4          0.2  
          4.7          3.2          1.3          0.2  
          4.6          3.1          1.5          0.2  
           5           3.6          1.4          0.2  
          5.4          3.9          1.7          0.4  
          4.6          3.4          1.4          0.3  
           5           3.4          1.5          0.2  
          4.4          2.9          1.4          0.2  
          4.9          3.1          1.5          0.1  
-----
```

Here is a footnote
And another

left

right