# Tables

In this example we want to introduce how to use table boxes in a document. In particular, a table is specified using the appropriate Microsoft Word widget, and the table heading style is used to identify the heading cells of a particular table. The table should be followed by a caption paragraph by means of the appropriate default stylesheet, as shown as follows.

|  |  |  |  |
| --- | --- | --- | --- |
| Table heading 1 | Table heading 2 | Table heading 3 | Table heading 4 |
| Cell 1 row 1 | Cell 2 row 1 | Cell 3 row 1 | Cell 4 row 1 |
| Cell 1 row 2 | Cell 2 row 2 | Cell 3 row 2 | Cell 4 row 2 |
| Cell 1 row 3 | Cell 2 row 3 | Cell 3 row 3 | Cell 4 row 3 |

Tabella This is the caption of the table

This is a normal paragraph.