

Left and here is a really long left cell text to put it and more and more

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