With Latex Header File

Here is a histogram of the poisson distribution:
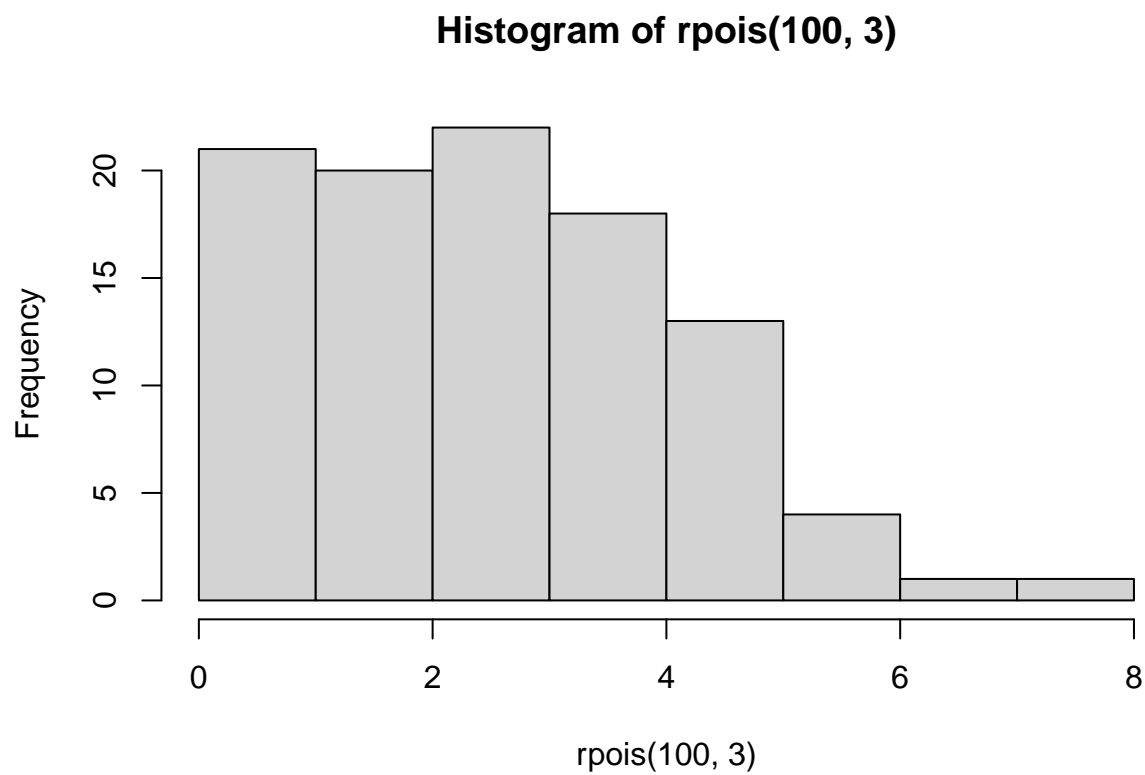
```
hist(rpois(100,3))
```


Figure 1: my caption

The thing below is a table:

```
knitr::kable(mtcars[1:5, 1:5], caption = "I need this to be the third thing that appears. But it comes
```

Table 1: I need this to be the third thing that appears. But it comes out first???

	mpg	cyl	disp	hp	drat
Mazda RX4	21.0	6	160	110	3.90
Mazda RX4 Wag	21.0	6	160	110	3.90
Datsun 710	22.8	4	108	93	3.85
Hornet 4 Drive	21.4	6	258	110	3.08
Hornet Sportabout	18.7	8	360	175	3.15

The thing below is a bigger table:

```
knitr::kable(mtcars[1:6, 1:6], caption = "I need this to be the fourth thing that appears. But it comes
```

Table 2: I need this to be the fourth thing that appears. But it comes out second???

	mpg	cyl	disp	hp	drat	wt
Mazda RX4	21.0	6	160	110	3.90	2.620
Mazda RX4 Wag	21.0	6	160	110	3.90	2.875
Datsun 710	22.8	4	108	93	3.85	2.320
Hornet 4 Drive	21.4	6	258	110	3.08	3.215
Hornet Sportabout	18.7	8	360	175	3.15	3.440
Valiant	18.1	6	225	105	2.76	3.460