Tables

Header	Header	Header
This is a simple table.	You can align items.	But no paragraphs are allowed.

Header	Header	Header
You can also allow multiline paragraph content with the p flag. Use \newline to insert a linebreak. This only works in paragraph mode.	You can align items.	But no paragraphs are allowed.

Header	Header	Header
To make the text left aligned, use the array package. Don't forget to insert a \arraybackslash at the last column.	You can align items.	But no paragraphs are allowed.

Header	Header	Header
The vertical table padding can be controlled with the \arraystretch command.	You can align items.	But no paragraphs are allowed.