Regular tables (tabular), in non-math mode.

..begin table c|c|c

\ Names \

\hline

John \ Mary \ Jane

Adam \ Kevin \ Allie

..end table

	Names	
John	Mary	Jane
Adam	Kevin	Allie

Arrays (arrays), in math mode.

..begin table math r|c|1|

2 \ 3 \ 465 ..n \hline

p ..==> q \ q \implies r \ 6

..end table

$$\begin{array}{c|cccc} 2 & 3 & 4 \\ \hline p.. ==> q & q \implies r & 6 \end{array}$$