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

\hline

John \ Mary \ Jane

Adam \ Kevin \ Allie

..end table

	Names	
John	Mary	Jane
Adam	Kevin	Allie

Arrays (arrays), in math mode.

\hline

..end table

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