One Less		One More
22	23	24
37	38	39
28	29	30
39	40	41

23	24	25	26	27	28	29	30	31	32

One more **28**   One less **26**

31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50

One more **42**   One less **40**

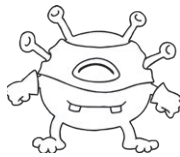**37** is one more than 36.   46 is one more than **45**.

29 is one less than 30.   19 is one more than **18**.

My spaceship's number has 4 tens.
One more than the number has 4 ones.

My spaceship's number has 2 tens.
One less than the number has zero ones.

21   22   49   43