

More and Most

More is the comparative form of much and many. It indicates a greater amount or number than that is indicated by much or many.

You should sleep more than you do at the moment.

I need more time to finish the work.

More of

Before a noun with a determiner we use more of.

He is more of a fool than I thought. (NOT He is more a fool than I thought.)

Three more of the missing miners have been found. (NOT Three more the missing miners ...)

More can mean 'again'.

Do it once more.

Do you want to go there any more.

More or less means *about*.

It is an hour's journey, more or less.

Be no more means *be dead*.

She is no more. (= She is dead.)

Most

Most is the superlative form of many and much. It indicates the greatest in number, quantity etc. In comparisons most is normally used with the.

Those who have the most money are not always the happiest.

Susie found the most strawberries.

When no comparison is implied the is not used. In such cases most simply means 'the majority of'.

Most Indians understand Hindi.

More and Most

Most people like babies.

Most of

Before a noun with a determiner (articles, possessives, demonstratives) we use most of.

Most of the people here are farmers. (NOT Most the people here are farmers.)

Most of us like to watch a good movie. (NOT Most us like to watch a good movie.)

Most can mean very.

This is a most interesting book. (= This is a very interesting book.)