Best Size
Format -> Row and Column Size -> Best Size

Best Column Size will resize your columns based on the width of the data they contain. This is an especially useful command for reporting purposes, or if you want to display the greatest number of columns within the worksheet window (and avoid having to scroll back and forth to see the data).

Best Row Size resizes the worksheet rows based on the height of the data they contain. If you are using large fonts for your strings, you will see the benefit of this command.

Parent Menu Row&ColumnSize¬.