\r   {RECALC reset}
reset   #NAME?

This macro automatically sets the width of the current column
to one space more than the number of characters in the current
cell.

To use this macro place the cursor in the cell you want to base
the entire column's width on. Once this is done
to invoke the macro hold down the macro key (Alt on most
computers) and press the "r" key.

If you combined this with another spreadsheet you will have to
name the column to the right of the \r. To do this place the
cursor on the \r and press slash (/), Range (R), Name (N),
Lables (L), Right (R), Page Down and Enter. This will name the
column to the right of the \r with the names in the column
with the names under the \r.