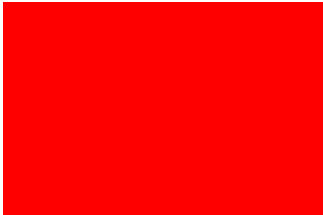Option 1:

A rectangle:)		The rectangle is scaled to fit inside the cell, you see a padding.

Option 2:

A rectangle:		The rectangle keeps its original size, but can overlap other cells in the same row.

Option 3:

A rectangle:		The rectangle is scaled to fit inside the cell, no padding.