\Box

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Check this box if no longer subject to
Section 16. Form 4 or Form 5
obligations may continue. See
Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL										
OMB Number:	3235-0287									
Estimated average burden										
hours per response:	0.5									

1. Name and Address of Repor	0	2. Issuer Name and Ticker or Trading Symbol <u>KADANT INC</u> [KAI]		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner				
(Last) (First) KADANT INC.	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 12/11/2007	- X	Officer (give title below) Chief Execution	Other (specify below)			
ONE TECHNOLOGY PA	RK DRIVE							
(Street) WESTFORD MA (City) (State)	01886 (Zip)	 4. If Amendment, Date of Original Filed (Month/Day/Year) 	6. Indiv Line) X	vidual or Joint/Group Fil Form filed by One Re Form filed by More th Person	eporting Person			

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Code (Inst		4. Securities Disposed Of 5)	Acquired f (D) (Instr	l (A) or . 3, 4 and	5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(instr. 4)
Common Stock	12/11/2007		М		300	Α	\$16	145,386	D	
Common Stock	12/11/2007		s		300	D	\$31.1	145,086	D	
Common Stock	12/11/2007		М		300	Α	\$16	145,386	D	
Common Stock	12/11/2007		S		300	D	\$31.09	145,086	D	
Common Stock	12/11/2007		М		100	Α	\$16	145,186	D	
Common Stock	12/11/2007		S		100	D	\$31.08	145,086	D	
Common Stock	12/11/2007		М		100	Α	\$16	145,186	D	
Common Stock	12/11/2007		s		100	D	\$31.07	145,086	D	
Common Stock	12/11/2007		М		100	Α	\$16	145,186	D	
Common Stock	12/11/2007		S		100	D	\$31.06	145,086	D	
Common Stock	12/11/2007		М		100	Α	\$16	145,186	D	
Common Stock	12/11/2007		S		100	D	\$31.05	145,086	D	
Common Stock	12/11/2007		М		400	Α	\$16	145,486	D	
Common Stock	12/11/2007		S		400	D	\$31.04	145,086	D	
Common Stock	12/11/2007		М		100	A	\$16	145,186	D	
Common Stock	12/11/2007		S		100	D	\$31.03	145,086	D	
Common Stock	12/11/2007		М		300	A	\$16	145,386	D	
Common Stock	12/11/2007		s		300	D	\$31.02	148,086	D	
Common Stock	12/11/2007		М		300	Α	\$16	145,386	D	
Common Stock	12/11/2007		S		300	D	\$31.01	145,086	D	
Common Stock	12/11/2007		М		900	Α	\$16	145,986	D	
Common Stock	12/11/2007		S		900	D	\$31	145,086	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)

				outs,	calls	wa	rrants	s, options, Date	converti	ble secu	nitias)	Owned 8. Price of			
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	Code V 5ANut@b)er Transaction of Code (Instr. Derivative		Expiration Date Amount (Month/Day/Year) Securitie Underlyi Derivativ			Titletle and Shares Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership- Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)		
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Employee Stock Option (Right To Buy)	\$16	12/11/2007		М			3,000	05/16/2002	05/16/2009	Common Stock	3,000	\$0	179,100	D	

Explanation of Responses:

Remarks:

THE TRANSACTIONS REPORTED ON THIS FORM 4 WERE EXECUTED PURSUANT TO A RULE 10b5-1 TRADING PLAN.

by Sandra L. Lambert for William A. Rainville

12/13/2007

** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

 * If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.