## FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

|  | Check this box if no longer subject to<br>Section 16. Form 4 or Form 5<br>obligations may continue. See<br>Instruction 1(b). |
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## 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 bu | urden     |  |  |  |  |  |  |  |  |  |
| hours ner response.  | 05        |  |  |  |  |  |  |  |  |  |

|                                | ess of Reporting Per |                | 2. Issuer Name <b>and</b> Ticker or Trading Symbol<br><u>KADANT INC</u> [ KAI ] | 5. Relationship of Reporting Person(s) to Issuer<br>(Check all applicable)<br>Director 10% Owner  |
|--------------------------------|----------------------|----------------|---|---|
| (Last)<br>KADANT INC.          | , , , , , ,          |                | 3. Date of Earliest Transaction (Month/Day/Year)<br>05/30/2007                  | - X Officer (give title Other (specify below) below) EXECUTIVE VICE PRESIDENT   |
| (Street)<br>WESTFORD<br>(City) | MA<br>(State)        | 01886<br>(Zip) | 4. If Amendment, Date of Original Filed (Month/Day/Year)                        | 6. Individual or Joint/Group Filing (Check Applicable<br>Line)<br>X Form filed by One Reporting Person<br>Form filed by More than One Reporting<br>Person |

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

| 1. Title of Security (Instr. 3) | 2. Transaction<br>Date<br>(Month/Day/Year) | 2A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 3.<br>Transaction<br>Code (Instr.<br>8) |   | 4. Securities<br>Disposed Of<br>5) |               |                      | 5. Amount of<br>Securities<br>Beneficially<br>Owned Following<br>Reported | 6. Ownership<br>Form: Direct<br>(D) or Indirect<br>(I) (Instr. 4) | 7. Nature<br>of Indirect<br>Beneficial<br>Ownership |  |
|---------------------------------|--|---|---|---|------------------------------------|---------------|----------------------|---|---|---|--|
|                                 |  |   | Code                                    | v | Amount                             | (A) or<br>(D) | Price                | Transaction(s)<br>(Instr. 3 and 4)  |   | (Instr. 4)  |  |
| Common Stock                    | 05/30/2007                                 |   | М                                       |   | 200                                | A             | \$13.05              | 17,364  | D   |   |  |
| Common Stock                    | 05/30/2007                                 |   | S                                       |   | 200                                | D             | \$29                 | 17,164  | D   |   |  |
| Common Stock                    | 05/30/2007                                 |   | М                                       |   | 1,980                              | A             | \$13.05              | 19,144  | D   |   |  |
| Common Stock                    | 05/30/2007                                 |   | М                                       |   | 5,458                              | A             | \$4.38               | 24,602  | D   |   |  |
| Common Stock                    | 05/30/2007                                 |   | S                                       |   | 5,458                              | D             | \$29                 | 19,144  | D   |   |  |
| Common Stock                    | 05/30/2007                                 |   | М                                       |   | 1,397                              | A             | \$4.38               | 20,541  | D   |   |  |
| Common Stock                    | 05/30/2007                                 |   | М                                       |   | 1,923                              | A             | \$8.11               | 22,464  | D   |   |  |
| Common Stock                    | 05/30/2007                                 |   | S                                       |   | 1,923                              | D             | \$29                 | 20,541  | D   |   |  |
| Common Stock                    | 05/30/2007                                 |   | М                                       |   | 402                                | A             | \$ <mark>8.11</mark> | 20,943  | D   |   |  |
| Common Stock                    | 05/30/2007                                 |   | М                                       |   | 549                                | A             | \$11.62              | 21,492  | D   |   |  |
| Common Stock                    | 05/30/2007                                 |   | S                                       |   | 549                                | D             | \$29                 | 20,943  | D   |   |  |
| Common Stock                    | 05/30/2007                                 |   | М                                       |   | 600                                | A             | \$11.62              | 21,543  | D   |   |  |
| Common Stock                    | 05/30/2007                                 |   | S                                       |   | 600                                | D             | \$29.01              | 20,943  | D   |   |  |
| Common Stock                    | 05/30/2007                                 |   | М                                       |   | 300                                | A             | \$11.62              | 21,243  | D   |   |  |
| Common Stock                    | 05/30/2007                                 |   | S                                       |   | 300                                | D             | \$29.02              | 20,943  | D   |   |  |
| Common Stock                    | 05/30/2007                                 |   | М                                       |   | 100                                | A             | \$11.62              | 21,043  | D   |   |  |
| Common Stock                    | 05/30/2007                                 |   | S                                       |   | 100                                | D             | \$29.03              | 20,943  | D   |   |  |
| Common Stock                    | 05/30/2007                                 |   | М                                       |   | 260                                | A             | \$11.62              | 21,203  | D   |   |  |
| Common Stock                    |  |   |   |   |                                    |               |                      | 3   | I   | By son  |  |

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

| 1. Title of<br>Derivative<br>Security<br>(Instr. 3) | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3. Transaction<br>Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 4.<br>Transa<br>Code (<br>8) |   | of<br>Deri<br>Sec<br>Acq<br>(A) (<br>Disp<br>of (I | oosed<br>D)<br>tr. 3, 4 | 6. Date Exerc<br>Expiration Da<br>(Month/Day/Y | ate                | 7. Title and<br>Amount of<br>Securities<br>Underlying<br>Derivative Security<br>(Instr. 3 and 4) |  | 8. Price of<br>Derivative<br>Security<br>(Instr. 5) | 9. Number of<br>derivative<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported<br>Transaction(s)<br>(Instr. 4) | 10.<br>Ownership<br>Form:<br>Direct (D)<br>or Indirect<br>(I) (Instr. 4) | 11. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |  |
|---|---|--|---|------------------------------|---|--|-------------------------|--|--------------------|--|--|---|--|--|--|--|
|   |   |  |   | Code                         | v | (A)  | (D)                     | Date<br>Exercisable                            | Expiration<br>Date | Title  | Amount<br>or<br>Number<br>of<br>Shares |   |  |  |  |  |

|   | Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned         (e.g., puts, calls, warrants, options, convertible securities) |  |   |                              |   |  |                         |   |                    |                 |  |  |        |  |  |
|---|--|--|---|------------------------------|---|--|-------------------------|---|--------------------|-----------------|--|--|--------|--|--|
| 1. Title of<br>Derivative<br>Security<br>(Instr. 3) | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security  | 3. Transaction<br>Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 4.<br>Transa<br>Code (<br>8) |   | of<br>Deri<br>Sec<br>Acq<br>(A)<br>Disp<br>of (I | oosed<br>D)<br>tr. 3, 4 | Expiration Date<br>(Month/Day/Year)<br>i<br>d |                    | ate Amount of   |  | 8. Price of<br>Derivative<br>Security<br>(Instr. 5)<br>9. Number of<br>derivative<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported<br>Transaction(s<br>(Instr. 4) |        | 10.<br>Ownership<br>Form:<br>Direct (D)<br>or Indirect<br>(I) (Instr. 4) | 11. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |
|   |  |  |   | Code                         | v | (A)  | (D)                     | Date<br>Exercisable                           | Expiration<br>Date | Title           | Amount<br>or<br>Number<br>of<br>Shares |  |        |  |  |
| Employee<br>Stock<br>Option<br>(Right To<br>Buy)    | \$13.05  | 05/30/2007                                 |   | М                            |   |  | 2,180                   | 12/10/2001                                    | 12/10/2008         | Common<br>Stock | 2,180                                  | \$0  | 15,000 | D  |  |
| Employee<br>Stock<br>Option<br>(Right To<br>Buy)    | \$4.38   | 05/30/2007                                 |   | М                            |   |  | 6,855                   | 01/31/1996                                    | 01/31/2008         | Common<br>Stock | 6,855                                  | \$0  | 0000   | D  |  |
| Employee<br>Stock<br>Option<br>(Right To<br>Buy)    | \$8.11   | 05/30/2007                                 |   | М                            |   |  | 2,325                   | 04/11/1996                                    | 04/11/2008         | Common<br>Stock | 2,325                                  | \$0  | 0000   | D  |  |
| Employee<br>Stock<br>Option<br>(Right To<br>Buy)    | \$11.62  | 05/30/2007                                 |   | М                            |   |  | 1,809                   | 03/01/1996                                    | 03/01/2008         | Common<br>Stock | 1,809                                  | \$0  | 000000 | 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 Jonahan W. Painter

06/01/2007

Date

\*\* Signature of Reporting Person

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.

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