SEC Form 4

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL	
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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

1. Name and Address of Reporting Person*
RAINVILLE WILLIAM A

(Last) (First) (Middle)
KADANT INC.
ONE TECHNOLOGY PARK DRIVE

(Street)
WESTFORD MA 01886

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading Symbol
KADANT INC [KAI]

3. Date of Earliest Transaction (Month/Day/Year)
05/21/2007

4. If Amendment, Date of Original Filed (Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer (Check all applicable)
X Director
10% Owner
X Officer (give title below)
Other (specify below)
Chief Executive Officer

6. Individual or Joint/Group Filing (Check Applicable Line)
X Form filed by One Reporting Person
Form filed by More than One Reporting 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)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	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			
Common Stock	05/21/2007		M		800	A	$14.5	115,886	D	
Common Stock	05/21/2007		S		800	D	$28.06	115,086	D	
Common Stock	05/21/2007		M		300	A	$14.5	115,386	D	
Common Stock	05/21/2007		S		300	D	$28.05	115,086	D	
Common Stock	05/21/2007		M		700	A	$14.5	115,786	D	
Common Stock	05/21/2007		S		700	D	$28.03	115,086	D	
Common Stock	05/21/2007		M		900	A	$14.5	115,986	D	
Common Stock	05/21/2007		S		900	D	$28.02	115,086	D	
Common Stock	05/21/2007		M		500	A	$14.5	115,586	D	
Common Stock	05/21/2007		S		500	D	$28.01	115,086	D	
Common Stock	05/21/2007		M		5,200	A	$14.5	120,286	D	
Common Stock	05/21/2007		S		5,200	D	$28	115,086	D	
Common Stock	05/22/2007		M		100	A	$14.5	115,186	D	
Common Stock	05/22/2007		S		100	D	$28.05	115,086	D	
Common Stock	05/22/2007		M		1,200	A	$14.5	116,286	D	
Common Stock	05/22/2007		S		1,200	D	$28.04	115,086	D	
Common Stock	05/22/2007		M		1,500	A	$14.5	116,586	D	
Common Stock	05/22/2007		S		1,500	D	$28.03	115,086	D	
Common Stock	05/22/2007		M		200	A	$14.5	115,286	D	
Common Stock	05/22/2007		S		200	D	$28.01	115,086	D	
Common Stock	05/22/2007		M		1,600	A	$14.5	116,686	D	
Common Stock	05/22/2007		S		1,600	D	$28	115,086	D	
Common Stock	05/22/2007		M		15,000	A	$14.5	130,086	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)

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)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Employee Stock Option (Right To Buy)	$14.5	05/21/2007		M			8,400	01/02/2002	01/02/2009	Common Stock	8,400	$0	19,600	D	
Employee Stock Option (Right To Buy)	$14.5	05/22/2007		M			19,600	01/02/2002	01/02/2009	Common Stock	19,600	$0	0	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 — 05/23/2007

** 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.

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