FORM 4

obligations may continue. See

Check this box if no longer subject to Section 16. Form 4 or Form 5

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

| STATEMENT | OF CHANGES | IN BENEFICIAL | OWNERSH |
|-----------|------------|---------------|---------|

| OMB APP | ROVAL |
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hours per response:

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

| 2. Issuer Name and Ticker or Trading Symbol KADANT INC [KAI] S. Relationship of Reporting Person(s) to Issuer (Check all applicable) X. Director 10% Owner Officer (give title below) Delow) Delow | | | Table II I |) - min | courities Assuir | l D | | | D = = f | : -: - II O | | | | |
|--|-------------------------|---------|--------------|--------------|---------------------------------|----------|-------------------|---------------|---------|-------------------|---|---------------------------------|--|--|
| ALLEN JOHN K (Last) (First) (Middle) KADANT INC [KAI] (Check all applicable) X Director 10% Owner Officer (give title below) Other (specify below) ACTON PLACE, SUITE 202 (Street) ACTON MA 01720 (City) (State) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 2. A Deemed Execution Date (Month/Day/Year) (Month/Day/Year) 2. A Deemed Execution Date (Month/Day/Year) (Month/Day/Year) 3. Date of Earliest Transaction (Month/Day/Year) 4. If Armendment, Date of Original Filed (Month/Day/Year) Form filed by One Reporting Person Form filed by More than One Reporting Person 7. Nature of Indirect (Openically Owned following Reported) (Month/Day/Year) (Month/Day/Year) (Check all applicable) X Director Officer (give title below) A. If Armendment, Date of Original Filed (Month/Day/Year) A. If Armendment, Date of Original Filed (Month/Day/Year) A. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5) S. Amount of Securities Porm: Direct (D) of Indirect (D) of Ind | Common Stock 10/02 | | | | 5 | S | | 200 | D | \$25.05 | 15,780 | D | | |
| ALLEN JOHN K (Last) (First) (Middle) KADANT INC [KAI] (Check all applicable) X Director 10% Owner Officer (give title below) Standard Inc. ONE ACTON PLACE, SUITE 202 (Street) ACTON MA 01720 (City) (State) (Zip) (Check All applicable) X Director 10% Owner Officer (give title below) Officer (give title below) ACTON MA 01720 (City) (State) (Zip) (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person Form filed by More than One Reporting Person 1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Instr. 3) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 3) (Check all applicable) X Director 10% Owner Officer (give title below) At Hamendment, Date of Original Filed (Month/Day/Year) 4. If Amendment, Date of Original Filed (Month/Day/Year) 5. Amount of Securities Beneficially Owned 7. Nature of Indirect (D) or Indirect (D) or Indirect (D) or Indirect (D) (Instr. 4) (Instr. 3) (Instr. 4) (Instr. 4) (Instr. 4) | | | | | Code V | | Amount (A) or (D) | | Price | Transaction(s) | | (111041.4) | | |
| ALLEN JOHN K (Last) (First) (Middle) KADANT INC. 3. Date of Earliest Transaction (Month/Day/Year) 10/02/2006 3. Date of Earliest Transaction (Month/Day/Year) 10/02/2006 4. If Amendment, Date of Original Filed (Month/Day/Year) (Street) ACTON MA 01720 (City) (State) (Zip) (Check all applicable) X Director 10% Owner Officer (give title below) 4. If Amendment, Date of Original Filed (Month/Day/Year) Form filed by One Reporting Person Form filed by More than One Reporting Person | Date | | | Date | Execution Date, ay/Year) if any | | | Disposed Of (| | | Securities Beneficially Owned Following | Form: Direct (D) or Indirect | of Indirect Beneficial Ownership | |
| ALLEN JOHN K (Last) (First) (Middle) KADANT INC. ONE ACTON PLACE, SUITE 202 (Street) ACTON MA 01720 KADANT INC [KAI] (Check all applicable) X Director 10% Owner Officer (give title below) 10/02/2006 (Check all applicable) X Director 10% Owner Officer (give title below) 4. If Amendment, Date of Original Filed (Month/Day/Year) Form filed by One Reporting Person Form filed by More than One Reporting Person | | | Table I - No | n-Derivative | Securities Acqu | uired, | Disp | oosed of, c | r Ben | eficially | Owned | | | |
| ALLEN JOHN K (Last) (First) (Middle) KADANT INC [KAI] (Check all applicable) X Director 10% Owner Officer (give title below) Solution of Earliest Transaction (Month/Day/Year) 10/02/2006 (Street) ACTON MA 01720 (Check all applicable) X Director 10% Owner Other (specify below) ACHON (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting | (City) | (State) | (Zip) | | | | | | | | | | | |
| ALLEN JOHN K (Last) (First) (Middle) KADANT INC [KAI] (Check all applicable) X Director 10% Owner Officer (give title below) Middle below) Check Applicable (Check Applicable) ADANT INC ONE ACTON PLACE, SUITE 202 4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Applicable Line) | ` ' | MA | 01720 | | | | | | | Form filed by Mor | , , | | | |
| ALLEN JOHN K (Check all applicable) X Director 10% Owner Officer (give title below) KADANT INC. ONE ACTON PLACE, SUITE 202 | (Street) | | | | Amendment, Date of | Original | Filed | (Month/Day/Ye | Line) | Line) | | | | |
| ALLEN JOHN K KADANT INC [KAI] (Check all applicable) X Director 10% Owner Officer (give title below) Other (specify below) | | | E 202 | | | _ | | | | | | | | |
| ALLEN JOHN K KADANT INC [KAI] (Check all applicable) | (Last) (First) (Middle) | | | | ` , , | | | | | | | | | |
| 2 Issuer Name and Ticker or Trading Symbol 5 Relationship of Reporting Person(s) to Issuer | , 3 | | | | | | unig O | ymbor | (Check | (all applicable) | | | | |
| | 4 11 1 1 1 1 1 | | * | 2 le | squer Name and Ticke | r or Tra | dina S | ymbol | | 5 Pals | ationship of Penortin | a Person(s) to Is | eller | |

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

5. Number 6. Date Exercisable and 7. Title and

| Derivative Security (Instr. 3) | Conversion or Exercise Price of Derivative Security | Date (Month/Day/Year) | Execution Date, if any (Month/Day/Year) | Transaction Code (Instr. 8) | | of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) | | Expiration Date (Month/Day/Year) | | Amount of Securities Underlying Derivative Security (Instr. 3 and 4) | | Derivative Security (Instr. 5) | derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4) | Form: | Beneficial Ownership (Instr. 4) |
|--------------------------------------|---|--------------------------|---|-----------------------------------|---|--|-----|-------------------------------------|------------|---|------------------------------|--------------------------------------|--|-------|---------------------------------------|
| | | | | Carda | , | (A) | (D) | Date | Expiration | Title | Amount or Number of | | | | |

Explanation of Responses:

Remarks:

1. Title of 2.

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

by Sandra L. Lambert for John K. Allen 10/04/2006

** Signature of Reporting Person Date

8. Price of 9. Number of 10.

11. Nature

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

3A. Deemed

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

3. Transaction

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

4.

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.