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Form 4	E WILLIAM A												
May 23, 200										OMB AF	PPROVAL		
FORM	4 UNITED	STATES						NGE C	OMMISSION	ONID	3235-0287		
Check the			was	sningto	on,	D.C. 20	549			Number: Expires:	January 31,		
if no long subject to Section 1 Form 4 o Form 5	6. r Filed pu	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,									Expires. 2009 Estimated average burden hours per response 0.9		
obligation may cont <i>See</i> Instru 1(b).	inue. Section 17		Public Ut of the In	•		•	· ·		1935 or Sectio 0	n			
(Print or Type I	Responses)												
	Address of Reporting E WILLIAM A	g Person <u>*</u>	2. Issuer Symbol KADAN			Ticker or	Tradiı	ıg	5. Relationship of Issuer	Reporting Pers	son(s) to		
(Last)	(First)	(Middle)	3. Date of			-			(Chec	k all applicable	:)		
KADANT I TECHNOL	NC., ONE OGY PARK DR	RIVE	(Month/D 05/21/20	-)				X Director X Officer (give below) Chief I				
WESTFOR	(Street) D, MA 01886		4. If Ame Filed(Mor			-	l		6. Individual or Jo Applicable Line) _X_ Form filed by 0 Form filed by M Person	One Reporting Pe	rson		
(City)	(State)	(Zip)	Tabl	e I - Noi	n-D	erivative	Secur	ities Accu	uired, Disposed of	f or Beneficial	lv Owned		
1.Title of Security (Instr. 3)	2. Transaction Da (Month/Day/Year) Execution any		3. Transac Code (Instr. 3	ctio 8)	4. Securit n(A) or Di (Instr. 3,	ties Ad sposed 4 and (A) or	cquired d of (D) 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		
Common	05/21/2007			M	v	Amount 400	(D)	Price	115 196	D			
Stock	03/21/2007			11/1		400	А	φ 14.J	115,486	D			
Common Stock	05/21/2007			S		400	D	\$ 28.42	115,086	D			
Common Stock	05/21/2007			М		400	А	\$ 14.5	115,486	D			
Common Stock	05/21/2007			S		400	D	\$ 28.41	115,086	D			
Common Stock	05/21/2007			М		600	А	\$ 14.5	115,686	D			

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Common Stock	05/21/2007	S	600	D	\$ 28.4 115,086	D
Common Stock	05/21/2007	М	800	А	\$ 14.5 115,886	D
Common Stock	05/21/2007	S	800	D	\$ 28.39 115,086	D
Common Stock	05/21/2007	М	200	А	\$ 14.5 115,286	D
Common Stock	05/21/2007	S	200	D	\$ 28.38 115,086	D
Common Stock	05/21/2007	М	500	А	\$ 14.5 115,586	D
Common Stock	05/21/2007	S	500	D	\$ 28.37 115,086	D
Common Stock	05/21/2007	М	800	А	\$ 14.5 115,886	D
Common Stock	05/21/2007	S	800	D	\$ 28.36 115,086	D
Common Stock	05/21/2007	М	900	А	\$ 14.5 115,986	D
Common Stock	05/21/2007	S	900	D	\$ 28.35 115,086	D
Common Stock	05/21/2007	М	200	А	\$ 14.5 115,286	D
Common Stock	05/21/2007	S	200	D	\$ 28.34 115,086	D
Common Stock	05/21/2007	М	100	А	\$ 14.5 115,186	D
Common Stock	05/21/2007	S	100	D	\$ 28.31 115,086	D
Common Stock	05/21/2007	М	400	А	\$ 14.5 115,486	D
Common Stock	05/21/2007	S	400	D	\$ 28.3 115,086	D
Common Stock	05/21/2007	М	300	А	\$ 14.5 115,386	D
Common Stock	05/21/2007	S	300	D	\$ 28.29 115,086	D
Common Stock	05/21/2007	М	200	А	\$ 14.5 115,286	D
	05/21/2007	S	200	D	115,086	D

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Common Stock					\$ 28.28	
Common Stock	05/21/2007	М	100	А	\$ 14.5 115,186	D
Common Stock	05/21/2007	S	100	D	\$ 28.27 115,086	D
Common Stock	05/21/2007	М	800	А	\$ 14.5 115,886	D
Common Stock	05/21/2007	S	800	D	\$ 28.26 115,086	D

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

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 control number.

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. 5. Number Transaction Derivative Code Securities (Instr. 8) 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 Underlying Securities (Instr. 3 and 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		М	6,700	01/02/2002	01/02/2009	Common Stock	6,700

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
RAINVILLE WILLIAM A KADANT INC. ONE TECHNOLOGY PARK DRIVE WESTFORD, MA 01886	Х		Chief Executive Officer					

Signatures

by Sandra L. Lambert for William A. Rainville

05/23/2007

**Signature of Reporting Person

Date

Explanation of Responses:

* 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).

Remarks:

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

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.