

SINDONI EDWARD J
 Form 4
 May 22, 2007

FORM 4

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549**

OMB APPROVAL

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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 OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
 SINDONI EDWARD J

(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)
 05/18/2007

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

___ Director ___ 10% Owner
 Officer (give title below) ___ Other (specify below)

EXECUTIVE VP AND COO

6. Individual or Joint/Group Filing(Check Applicable Line)
 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 Ownership (Instr. 4)
			Code	V	Amount (A) or (D) Price		
Common Stock	05/18/2007		M		600 A \$ 14.5	23,033	D
Common Stock	05/18/2007		S		600 D \$ 28.08	22,433	D
Common Stock	05/18/2007		M		500 A \$ 14.5	22,933	D
Common Stock	05/18/2007		S		500 D \$ 28.07	22,433	D
Common Stock	05/18/2007		M		100 A \$ 14.5	22,533	D

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Common Stock	05/18/2007	S	100	D	\$ 28.06	22,433	D
Common Stock	05/18/2007	M	400	A	\$ 14.5	22,833	D
Common Stock	05/18/2007	S	400	D	\$ 28.05	22,433	D
Common Stock	05/18/2007	M	400	A	\$ 14.5	22,833	D
Common Stock	05/18/2007	S	400	D	\$ 28.04	22,433	D
Common Stock	05/18/2007	M	100	A	\$ 14.5	22,533	D
Common Stock	05/18/2007	S	100	D	\$ 28.01	22,433	D
Common Stock	05/18/2007	M	5,100	A	\$ 14.5	27,533	D
Common Stock	05/18/2007	S	5,100	D	\$ 28	22,433	D
Common Stock	05/18/2007	M	1,000	A	\$ 14.5	23,433	D

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

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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 Underlying Securities (Instr. 3 and 4)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option	\$ 14.5	05/18/2007		M	8,200	01/02/2003	01/02/2009	Common Stock	8,200

(Right To
Buy)

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
SINDONI EDWARD J KADANT INC. ONE TECHNOLOGY PARK DRIVE WESTFORD, MA 01886			EXECUTIVE VP AND COO	

Signatures

by Sandra L. Lambert for Edward J.
Sindoni

05/22/2007

__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 10b-5-1 TRADING

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

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