

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

() Check this box if no longer subject to Section 16.
 Form 4 or Form 5 obligations may continue. See Instructions 1(b).

1. Name and Address of Reporting Person
 Ireland, David G.
 14 Oak Park
 Bedford, Ma 01730
 USA
2. Issuer Name and Ticker or Trading Symbol
 Progress Software Corporation
 PRGS
3. IRS or Social Security Number of Reporting Person (Voluntary)
4. Statement for Month/Year
 03/31/1999
5. If Amendment, Date of Original (Month/Year)
6. Relationship of Reporting Person(s) to Issuer (Check all applicable)
 () Director () 10% Owner (X) Officer (give title below) () Other
 (specify below)
 Vice President, Core Products & Services
7. 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	2. Transaction Date	3. Transaction Code	4. Securities Acquired (A) or Disposed of (D) Amount	5. Amount of Securities Beneficially Owned at End of Month	6. Director (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership
Common Stock	03/31/99	M	2,300	A \$12.00		
Common Stock	03/31/99	S	2,300	D \$33.00		
Common Stock	03/31/99	M	2,200	A \$12.00		
Common Stock	03/31/99	S	2,200	D \$32.00		
Common Stock	03/31/99	M	2,000	A \$18.00		
Common Stock	03/31/99	S	2,000	D \$32.00	1,699	D

Table II -- Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Derivative Security	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date	4. Transaction Code	5. Number of Derivative Securities Acquired (A) or Disposed of (D) Amount	6. Date Exercisable and Expiration Date (Month/Day/Year) Date Exercisable Date of Expiration	7. Title and Amount of Underlying Securities Title and Number of Shares	8. Price of Derivative Security	9. Number of Derivative Securities Beneficially Owned at End of Month	10. Director (D) or Indirect (I)	11. Nature of Indirect Beneficial Ownership
Incentive Stock Option	\$12.00	03/31/99	M	2,300	D 10/01/98 09/02/07 (1)	Common Stock 2,300		33,510 (2)	D	
Nonqualified Stock Option	\$12.00	03/31/99	M	2,200	D 10/01/98 09/02/07 (1)	Common Stock 2,200		32,291 (3)	D	
Nonqualified Stock Option	\$18.00	03/31/99	M	2,000	D 10/01/98 09/01/08 (4)	Common Stock 2,000		20,500 (5)	D	
Nonqualified Stock Option	\$25.625	02/10/99	A	32,000	A 03/01/99 02/10/09 (6) (7)	Common Stock 32,000		32,000 (7)	D	

Explanation of Responses:
 (1) The option vests in equal monthly increments over a 48 month period commencing October 1, 1998.
 (2) On 4/1/99, options to purchase 883 shares were vested.
 (3) On 4/1/99, options to purchase 866 shares were vested.
 (4) The option vests in equal monthly increments over a 57 month period commencing October 1, 1998.

(5) On 4/1/99, options to purchase 763 shares were vested.

(6) The option vests in equal monthly increments over a 60 month period commencing March 1, 1999.

1,067 shares were vested.

(7) On 4/1/99, options to purchase

SIGNATURE OF REPORTING PERSON

David G. Ireland

DATE

04/05/1999