

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
 01/31/1999
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. Code | 4. Securities Acquired (A) or Disposed of (D) | | 5. Amount of Securities Beneficially Owned at End of Month | 6. Direct (D) or Indirect (I) | 7. Nature of Indirect Beneficial Ownership |
|----------------------|---------------------|---------|---|-----|--|-------------------------------|--|
| | | | Amount | A/D | | | |
| Common Stock | 01/04/99 | M | 1,800 | A | \$12.0000 | | |
| Common Stock | 01/04/99 | S | 1,800 | D | \$34.0625 | | |
| Common Stock | 01/05/99 | M | 2,900 | A | \$12.0000 | | |
| Common Stock | 01/05/99 | S | 2,900 | D | \$34.0625 | 449 | 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. Code | 5. Number of Derivative Securities Acquired (A) or Disposed of (D) | 6. Date Exercisable and Expiration Date (Month/Day/Year) | 7. Title and Amount of Underlying Securities | 8. Price of Derivative Security | 9. Number of Derivative Securities Beneficially Owned at End of Month | 10. Direct (D) or Indirect (I) | 11. Nature of Indirect Beneficial Ownership |
|---------------------------------|--|---------------------|---------|--|--|--|---------------------------------|---|--------------------------------|---|
| | | | | | | | | | | |
| Incentive Stock Option | \$12.00 | 01/04/99 | M | 1,800 | D 10/01/98 (1) | 09/02/07 Common Stock 1,800 | | 35,810 (2) | D | |
| Incentive Stock Option | \$12.00 | 01/05/99 | M | 594 | D 10/01/98 (1) | 09/02/07 Common Stock 594 | | 35,810 (2) | D | |
| Nonqualified Stock Option | \$12.00 | 01/05/99 | M | 2,306 | D 10/01/98 (1) | 09/02/07 Common Stock 2,306 | | 34,491 (3) | D | |

Explanation of Responses:
 (1) The option vests in equal monthly increments over a 48 month period commencing October 1, 1998.
 (2) On 01/31/99, options to purchase 796 shares were vested.
 (3) On 01/31/99, options to purchase 766 shares were vested.

SIGNATURE OF REPORTING PERSON
 David G. Ireland
 DATE
 02/05/1999