ALLIED CAPITAL CORP

Form 4 July 19, 2007

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

3235-0287

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January 31, Expires: 2005

OMB APPROVAL

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

(Print or Type Responses)

07/18/2007

Stock

Stock

Common

1(b).

1. Name and Address of Reporting Person * STEUART GUY T II			2. Issuer Name and Ticker or Trading Symbol ALLIED CAPITAL CORP [ALD]				C	5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First)	Middle)	3 Date (of Earliest T	Francaction			(Cr	neck all applica	able)	
(Lust)	(11131)	windaic)			i ransaction	l		X Director		10% Owner	
1919 PEN NW, 3RD	NSYLVANIA AV FLOOR	ENUE,	07/18/2	Day/Year) 2007				Officer (gi		Other (specify	
(Street)			4. If Amendment, Date Original					6. Individual or Joint/Group Filing(Check			
			Filed(Mo	onth/Day/Ye	ar)			Applicable Line) _X_ Form filed b	y One Reporting	_	
WASHIN	GTON, DC 20006							Form filed by Person	y More than One	e Reporting	
(City)	(State)	(Zip)	Tab	ole I - Non-	Derivative	e Secu	ırities Ac	quired, Disposed	of, or Benefic	cially Owned	
1.Title of	2. Transaction Date	2A. Deem	ed	3.	4. Securi	ties A	cquired	5. Amount of	6.	7. Nature of	
Security	(Month/Day/Year)	Execution	Date, if	Transacti	or(A) or Di	spose	d of (D)	Securities	Ownership	Indirect	
(Instr. 3)		any		Code	(Instr. 3,	4 and	5)	Beneficially	Form:	Beneficial	
		(Month/D	ay/Year)	(Instr. 8)				Owned	Direct (D)	Ownership	
								Following	or Indirect	(Instr. 4)	
						(A)		Reported	(I)		
						or		Transaction(s)	(Instr. 4)		
				Code V	Amount	(D)	Price	(Instr. 3 and 4)			
Common	07/10/0007				7 000		\$	50.000	-		

5,880

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

A

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control number.

D

I

by

Corporation

53,233

276,691

31.75

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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)	TransactionL Code S (Instr. 8) A o (I	. Number of Derivative ecurities acquired (A) r Disposed of D) Instr. 3, 4, nd 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amou Underlying Secur (Instr. 3 and 4)	
				Code V (A) (D)	Date Exercisable	Expiration Date	Title	Am or Nu of S
Non-Qualified Stock Option (right to buy)	\$ 17.5	07/18/2007		D	5,000	05/09/2000	05/09/2010	Common Stock	5,
Non-Qualified Stock Option (right to buy)	\$ 21.62	07/18/2007		D	5,000	05/13/2003	05/13/2013	Common Stock	5,
Non-Qualified Stock Option (right to buy)	\$ 22.063	07/18/2007		D	10,000	09/08/1999	09/08/2009	Common Stock	10
Non-Qualified Stock Option (right to buy)	\$ 22.78	07/18/2007		D	5,000	05/08/2001	05/08/2011	Common Stock	5,
Non-Qualified Stock Option (right to buy)	\$ 24.44	07/18/2007		D	5,000	05/12/2004	05/12/2014	Common Stock	5,
Non-Qualified Stock Option (right to buy)	\$ 25.97	07/18/2007		D	5,000	05/07/2002	05/07/2012	Common Stock	5,
Non-Qualified Stock Option (right to buy)	\$ 26.8	07/18/2007		D	5,000	05/17/2005	05/17/2015	Common Stock	5,
Non-Qualified Stock Option (right to buy)	\$ 29.58	07/18/2007		D	5,000	05/15/2007	05/15/2014	Common Stock	5,
Non-Qualified Stock Option (right to buy)	\$ 30	07/18/2007		D	5,000	05/16/2006	05/16/2013	Common Stock	5,

Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		

Reporting Owners 2

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STEUART GUY T II
1919 PENNSYLVANIA AVENUE, NW
3RD FLOOR
WASHINGTON, DC 20006

Signatures

s/ Guy T Steuart

II

**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).
- On July 18, 2007, the issuer canceled, pursuant to the issuer's tender offer, options previously granted to the reporting person. In exchange for the options, the reporting person received an option cancellation payment ("OCP") which was paid one-half in cash and one-half in unregistered shares of the issuer's common stock. The value of the OCP was equal to the difference between the weighted average market price of \$31.75, less the exercise price of the option, multiplied by the number options canceled.

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.

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