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|--------------------------------------|----------|------------|--|---|--|--|-------|------------|------------|--------------|-------|------|-------------|---|
| Stock Option (Right to Buy) | \$ 10.11 | 10/10/2007 | | M | | | 2,900 | 06/26/2007 | 06/26/2008 | Common Stock | 2,900 | \$ 0 | 141,600 (4) | D |
| Employee Stock Option (Right to Buy) | \$ 10.11 | 10/10/2007 | | M | | | 73 | 12/26/2006 | 06/26/2016 | Common Stock | 73 | \$ 0 | 77,966 (5) | D |

Reporting Owners

| Reporting Owner Name / Address | Relationships | | | |
|---|---------------|-----------|-----------|-------|
| | Director | 10% Owner | Officer | Other |
| JAMISON DOUGLAS W 111 WEST 57TH STREET SUITE 1100 NEW YORK, NY 10019 | | | President | |

Signatures

| | | |
|--|--|---------------------|
| /s/ Jackie Matthews, by Power of Attorney | | 10/11/2007 |
| <small>**Signature of Reporting Person</small> | | <small>Date</small> |

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).

(1) The sale reported in this Form 4 was effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on March 22, 2007.

(2) 49,500 options vested on 6/26/2007, and 95,000 options will vest on 12/26/2007.

(3) 8,802 options vested on 6/26/2007, and the remaining 69,237 options will vest in equal installments on 6/26/2008, 6/26/2009, 6/26/2010, 6/26/2011, 6/26/2012, 6/26/2013 and 6/26/2014.

(4) 46,600 options vested on 6/26/2007, and 95,000 options will vest on 12/26/2007.

(5) 8,729 options vested on 6/26/2007, and the remaining 69,237 options will vest in equal installments on 6/26/2008, 6/26/2009, 6/26/2010, 6/26/2011, 6/26/2012, 6/26/2013 and 6/26/2014.

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.

POWER OF ATTORNEY

The undersigned, being a person required to file a statement under Section 16(a) of the Securities Exchange Act of 1934 (the "1934 Act") with respect to Harris & Harris Group, Inc., a New York corporation, hereby authorizes, designates and appoints Jackie Matthews, Carmen DeForest, Charles E. Harris, or Sandra M. Forman to act as attorney-in-fact to execute and file statements on Form 3, Form 4 and Form 5 (including Form ID) and any successor forms adopted by the Securities Exchange Commission, as required by the 1934 Act and the Investment Company Act of 1940 and the rules thereunder, and to take such other actions as such attorney-in-fact may deem necessary or appropriate in connection with such statements, hereby confirming and ratifying all actions that such attorney-in-fact has taken or may take in reliance hereon. This power of attorney shall continue in effect until the undersigned no longer has an obligation to file statements under the section cited above, or until specifically terminated in writing by the undersigned.

IN WITNESS WHEREOF, the undersigned has duly executed this power of attorney on the 16th day of May, 2005.

By: /s/ Douglas W. Jamison
Douglas W. Jamison