SECURITIES AND EXCHANGE COMMISSION WASHINGTON, D.C. 20549

SCHEDULE 13G

UNDER THE SECURITIES EXCHANGE ACT OF 1934
(AMENDMENT NO. 16)*

(AMENDMENT NO. 16)*
International Flavors & Fragrances Inc.
(NAME OF ISSUER)
Common Stock \$.12-1/2 par value
(TITLE OF CLASS OF SECURITIES)
459506 10 1
(CUSIP NUMBER)
Check the following box if a fee is being paid with the statement / /. (A fee is not required only if the filing person: (1) has a previous statement on file reporting beneficial ownership of more than five percent of the class of securities described in Item 1; and (2) has filed no amendment subsequent thereto reporting beneficial ownership of five percent or less of such class.) (See Rule 13d-7.)
*The remainder of this cover page shall be filled out for a reporting person's initial filing on this form with respect to the subject class of securities, and for any subsequent amendment containing information which would alter disclosures provided in a prior cover page.
The information required on the remainder of this cover page shall not be deemed to be "filed" for the purpose of Section 18 of the Securities Exchange Act of 1934 ("Act") or otherwise subject to the liabilities of that section of the Act but shall be subject to all other provisions of the Act (however, see the Notes).
(Continued on following page(s))
Page 1 of 4 Pages
CUSIP No. 459506 10 1 13G PAGE 2 OF 4 PAGES
1 NAME OF REPORTING PERSON
S.S. OR I.R.S. IDENTIFICATION NO. OF ABOVE PERSON
Hedwig van Ameringen
2 CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP* (a) / / (b) /x/
3 SEC USE ONLY
4 CITIZENSHIP OR PLACE OF ORGANIZATION
U.S.A.
5 SOLE VOTING POWER NUMBER OF
SHARES 678,633
BENEFICIALLY 6 SHARED VOTING POWER
OWNED BY 8,629,797
EACH

REPORTING 7 SOLE DISPOSITIVE POWER

PERSON		678,633		
WITH	8	SHARED DISPOSITIVE POW	/ER	
		8,629,797		
9 AGGRE	SATE AMOUNT	BENEFICIALLY OWNED BY EA	CH REPORTING PERSON	
9,308	430			
	BOX IF THE A	GGREGATE AMOUNT IN ROW (9) EXCLUDES	/ /
11 PERCEN	Γ OF CLASS F	EPRESENTED BY AMOUNT IN	ROW (9)	
8.4%				
12 TYPE OF	REPORTING	PERSON*		
IN				
		*SEE INSTRUCTIONS BE	FORE FILLING OUT!	·

SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Schedule 13 G

Under the Securities Exchange Act of 1934

Check the following box if a fee is being paid with this statement. $\ensuremath{/}$ /

Item 1 (a) Name of Issurer:

International Flavors & Fragrances Inc.

> 521 West 57th Street New York, New York 10019

Item 2 (a) Name of Person Filing:

Hedwig van Ameringen

Item 2 (b) Address of principal business office or, if none, residence:

509 Madison Avenue New York, New York 10022

- Item 2 (c) Citizenship:

 U.S.A.
- Item 2 (d) Title of Class of Securities:

 Common Stock \$.12-1/2 par value
- Item 3 If this statement is filed pursuant to Rules 13

 13 d-1 (b) or 13 d-2 (b) check whether the
 person filing is a:

Not applicable

Item 4 Ownership:

(a) Amount Beneficially Owned*

9,308,430

(b) Percent of Class

8.4%

^{*} Reflects 3-for-1 stock split distributed 1/19/94

	(c) Number of shares as to which such person has:			
	(i) sole power to vote or to direct the vote: 678,633			
	(ii) shared power to vote or to direct the vote: 8,629,797			
	(iii) sole power to dispose or to direct the disposition of: 678,633			
	<pre>(iv) shared power to dispose or to direct the disposition of: 8,629,797</pre>			
Item 5	Ownership of Five Percent or Less of a Class			
	Not Applicable			
Item 6	Ownership of More than Five Percent on Behalf of			
	Another Person			
	Persons other than the undersigned have the right to receive dividends from, or the proceeds from the sale of, certain of the securities listed in Item 4.			
Item 7	Identification and Classification of the			
	Subsidiary Which Acquired the Security Being			
	Reported on by the Parent Holding Company			
	Not Applicable			
Item 8	Identification and Classification of Members of the Group			
	Not Applicable			
Item 9	Notice of Dissolution of Group			
	Not Applicable			
Item 10	Certification			
	Not Applicable			
Signature				
	reasonable inquiry and the best of my knowledge and belief, I certify formation set forth in the statement is true, complete and correct.			
February 9,	1995			

HEDWIG VAN AMERINGEN
-----Signature

Date

Hedwig van Ameringen	
Name/Title	

JH2:L1-L2

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