SECURITIES AND EXCHANGE COMMISSION WASHINGTON, D.C. 20549

SCHEDULE 13D

UNDER THE SECURITIES EXCHANGE ACT OF 1934
(AMENDMENT NO. 7)*

Int	ernational Flavors	& Fragrances Inc.	
	(NAME OF	ISSUER)	
	Common Stock \$.12	2-1/2 par value	
	(TITLE OF CLASS	OF SECURITIES)	
	450506	10.1	
	459506	10 1	

(CUSIP NUMBER)

George Rowe, Jr., One Rockefeller Plaza, New York, N.Y. 10020 (Tel. 212-586-0700)

(NAME ADDRESS AND TELEPHONE NUMBER OF PERSON

(NAME, ADDRESS AND TELEPHONE NUMBER OF PERSON AUTHORIZED TO RECEIVE NOTICES AND COMMUNICATIONS)

If the filing person has previously filed a statement on Schedule 13G to report the acquisition which is the subject of this Schedule 13D, and is filing this schedule because of Rule 13d-1(b)(3) or (4), check the following box / /.

OF THIS STATEMENT)

Check the following box if a fee is being paid with the statement / /. (A fee is not required only if the reporting 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.)

NOTE: Six copies of this statement, including all exhibits, should be filed with the Commission. See Rule 13d-1(a) for other parties to whom copies are to be sent.

*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))

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CUSIP No. 459506 10 1 13D PAGE 2 OF 5 PAGES

NAME OF REPORTING PERSON S.S. OR I.R.S. IDENTIFICATION NO. OF ABOVE PERSON

1

George Rowe, Jr.

2				MBER OF A GROUP*	(a) / / (b) /x/
3	SEC USE ONLY	Y			
4	SOURCE OF FL				
	NOT APPLIC				
5	CHECK BOX IN PURSUANT TO			PROCEEDINGS IS REQU	JIRED //
6	CITIZENSHIP	OR PLAC	E OF ORGANIZAT	ION	
	U.S.A.				
	NUMBER OF		SOLE VOTING P		
	SHARES		14,750		
BE	NEFICIALLY	8	SHARED VOTING	POWER	
	OWNED BY		9,425,428		
	EACH				
	REPORTING	9	SOLE DISPOSIT	IVE POWER	
	PERSON		14,750		
	WITH	10	SHARED DISPOS	ITIVE POWER	
			9,425,428		
11	AGGREGATE A	AMOUNT B	ENEFICIALLY OW	NED BY EACH REPORT	ING PERSON
	9,440,428				
12	CERTAIN SHAP	RES*		IN ROW (11) EXCLU	
				MOUNT IN ROW (11)	
	8.6%				
 14	TYPE OF REPO	ORTING P			
	IN				
		*S	EE INSTRUCTION	S BEFORE FILLING OU	JT!

SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Schedule 13 D

Under the Securities Exchange Act of 1934

Check the following box if a fee is being paid with this

statement. / /

Item 1 Security and Issuer

Common Stock \$.12-1/2 par value

International Flavors & Fragrances Inc. 521 West 57th Street
New York, New York 10019

Item 2 Identity and Background

(a) Name of Person Filing:

George Rowe, Jr.

(b) Residence or Business Address

One Rockefeller Plaza New York, New York 10020

(c) Present principal occupation or employment and the name, principal business and address of any corporation or other organization in which such employment is conducted;

Lawyer - Fulton, Duncombe & Rowe One Rockefeller Plaza New York, NY 10020

(d) Whether or not, during the last five years, such person has been convicted in a criminal proceeding (excluding traffic violations or similar misdemeanors) and, if so, give the dates, nature of conviction, name and location of court, any penalty imposed or other disposition of the case;

No

(e) Whether or not, during the last five years, such person was a party to a civil proceeding of a judicial or administrative body of competent jurisdiction and as a result of such proceeding was or is subject to a judgment, decree or final order enjoining future violations of, or prohibiting or mandating activities subject to, federal or state securities laws or finding any violation with respect to such laws; and, if so, identify and describe such proceedings and summarize the terms of such judgment, decree or final order, and

No

Item 2 (f) Citizenship:

U.S.A.

Item 3 Source & Amount of Funds or Other Consideration

See Item 5(c) below

Item 4 Purpose of Transaction

See Item 5(c) below.

Item 5 Interest in Securities of the Issuer

(a) Amount Beneficially Owned

9,440,428

Percent of Class

8.6%

- (b) Number of shares as to which such person has:
 - (i) sole power to vote or to direct the vote: 14,750
 - (ii) shared power to vote or to direct the vote: 9,425,428
 - (iii) sole power to dispose or to direct the disposition
 of: 14,750
 - (iv) shared power to dispose or to direct the disposition of: 9,425,428
- (c) Describe any transactions in the class of securities reported on that were effected during the past sixty days or since the most recent filing on Schedule 13D (Section 240.13d-191), whichever is less, by the persons named in response to paragraph (a).

On December 1 1996, the Hedwig A. van Ameringen Foundation, of which the undersigned is the sole director, distributed 390,000 shares to three other charitable foundations, as a consequence of which the undersigned ceased to be the beneficial owner as defined in Rule 13d-3 of such shares. In addition, since October 13, 1996, a trust under the will of A.L. van Ameringen for the benefit of his wife Hedwig A. van Ameringen, of which the undersigned is one of the trustees, sold 372,000 shares, and the Estate of Lily Auchincloss, of which the undersigned is the executor, sold 132,000 shares, at prices ranging from \$41.75 to \$46.25 per share, in transactions effected through a broker on the New York Stock Exchange, such sales being occasioned by the death of Mrs. van Ameringen on April 27, 1996 and by the death of Mrs. Auchincloss on June 7, 1996, respectively, and the consequent need for funds for death taxes and expenses. Further such sales will be required in the future to meet such need. In addition, the undersigned purchased 1,000 shares on the open market with his own funds for his own account on November 20, 1996.

(d) If any other person is known to have the right to receive or the power to direct the receipt of dividends from, or the proceeds from the sale of, such securities, a statement to that effect should be included in response to this item and, if such interest relates to more than five percent of the class, such person should be identified. A listing of the shareholders of an investment company registered under the Investment Company Act of 1940 or the beneficiaries of an employee benefit plan, pension fund or endowment fund is not required. Persons other than the undersigned have the right to receive dividends from, or the proceeds from the sale of, the securities (except for 4,000 shares) listed in Item 5 (a) and (b).

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	Securities Of The Issuer
	None
Item 7	Material To Be Filed as Exhibits
	None
Signature	
	nable inquiry and the best of my knowledge and belief, I certify ation set forth in the statement is true, complete and correct.
December 13, 19	96
GEORGE RO	WE, JR.
 Signatu	re
George Rowe, Jr	·
Name/Title	
JH2:Z1-Z2	

Contracts, Arrangements, Understandings

Or Relationships With Respect To

Item 6

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