

PERSON 678,633

WITH 8 SHARED DISPOSITIVE POWER

8,563,797

9 AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON

9,242,430

10 CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (9) EXCLUDES / /
CERTAIN SHARES*

11 PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (9)

8.3%

12 TYPE OF REPORTING PERSON*

IN

*SEE INSTRUCTIONS BEFORE 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. / /

Item 1 (a) Name of Issurer:

International Flavors & Fragrances Inc.

Item 1 (b) Address of Issuer's Principal

Executive Offices:

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 2 (e) CUSIP Number:

459506 10 1

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

9,242,430

(b) Percent of Class

8.3%

- (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: 8,563,797
 - (iii) sole power to dispose or to direct the disposition of: 678,633
 - (iv) shared power to dispose or to direct the disposition of: 8,563,797

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

After reasonable inquiry and the best of my knowledge and belief, I certify that the information set forth in the statement is true, complete and correct.

February 9, 1996

Date

HEDWIG VAN AMERINGEN

Signature

Hedwig van Ameringen

Name/Title

JH2:L1-L2