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FORM 4

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

Check this box if no longer subject Section 16. Form 4 or Form 5 obligations may continue. <i>See</i> Instruction 1(b).	to
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APP	ROVAL
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Estimated average burden	
hours per response:	0.5

Ownership

(Instr. 4)

HOWA	RD D W	rst)	(Middle)		2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF] 3. Date of Earliest Transaction (Month/Day/Year) 09/15/2005								5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner X Officer (give title Other (specify below) EVP Global Operations				
(Street) NEW Y((City)		· · · · · · · · · · · · · · · · · · ·	10019 (Zip)								6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person						
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																	
1. Title of Security (Instr. 3) Date (Month/Date)				Execution Date,			3. Transaction Code (Instr. 8)						d Securi Benefi Owned	5. Amount of Securities Beneficially Owned Following Reported		n: Direct r Indirect Istr. 4)	7. Nature of Indirect Beneficial Ownership
								v	Amount		(A) or (D)	Price	Transa	saction(s) r. 3 and 4)			(Instr. 4)
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)																	
1. Title of Derivative Security	2. Conversion or Exercise	3. Transaction Date (Month/Day/Year)	3A. Deeme Execution if any	Date, T	Transactior Code (Instr		Ex	Date Exercisable and 7. Title a xpiration Date Amount Month/Day/Year) Securiti			unt of		8. Price of Derivative Security	9. Number derivative Securities		10. Ownership Form:	11. Nature of Indirect Beneficial

Explanation of Responses:

\$0⁽¹⁾

Price of Derivative

Security

1. The Stock Units ("Units") convert to Common Stock on a one-for-one basis.

09/15/2005

(Month/Day/Year)

09/16/2005

2. Units under the Company's deferred compensation plan resulting from (a) deferral of compensation and Company match (in shares), (b) premium (in shares) to participants deferring compensation into Units and (c) dividends (in shares) on Units. 18 of the acquired Units are subject to vesting based on employment through December 31, 2006.

Date

Exercisable

(2)

Expiration

(2)

Date

Remarks:

Security (Instr. 3)

Stock

Unit

Equivalent

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Title

Commor

Stock

Underlying Derivative Security

Amount or Number

Shares

92

of

(Instr. 3 and 4)

09/16/2005

** Signature of Reporting Person

Security (Instr. 5)

\$35.17

Owned

(Instr. 4)

Following

Reported Transaction(s)

4,077

Beneficially

Direct (D)

or Indirect

(I) (Instr. 4)

D

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

* 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.

Securities

Acquired

(A) or Disposed of (D)

(Instr. 3, 4 and 5)

(A) (D)

92

8)

Code v

A

Date