

SECURITIES AND EXCHANGE COMMISSION
WASHINGTON, D.C. 20549

SCHEDULE 13D

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

International Flavors & Fragrances Inc.

(NAME OF ISSUER)

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

(TITLE OF CLASS OF SECURITIES)

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
AUTHORIZED TO RECEIVE NOTICES AND COMMUNICATIONS)

Not Applicable

(DATE OF EVENT WHICH REQUIRES FILING
OF THIS STATEMENT)

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 / /.

Check the following box if a fee is being paid with the statement /X/. (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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1
NAME OF REPORTING PERSON
S.S. OR I.R.S. IDENTIFICATION NO. OF ABOVE PERSON

Henry P. van Ameringen

2 CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP* (a) / /
(b) /x/

3 SEC USE ONLY

4 SOURCE OF FUNDS*

NOT APPLICABLE

5 CHECK BOX IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED / /
PURSUANT TO ITEMS 2(d) or 2(e)

6 CITIZENSHIP OR PLACE OF ORGANIZATION

U.S.A.

	7	SOLE VOTING POWER
NUMBER OF		
SHARES		1,892,511
BENEFICIALLY	8	SHARED VOTING POWER
OWNED BY		
EACH		3,931,939
REPORTING	9	SOLE DISPOSITIVE POWER
PERSON		1,892,511
WITH	10	SHARED DISPOSITIVE POWER
		3,931,939

11 AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON

5,824,450

12 CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES / /
CERTAIN SHARES*

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

5.2%

14 TYPE OF REPORTING PERSON*

IN

*SEE INSTRUCTIONS BEFORE FILLING OUT!

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. /X/

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:

Henry P. van Ameringen

(b) Residence or Business Address

509 Madison Avenue
New York, New York 10022

(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;

Retired

(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

The undersigned acquired beneficial ownership as defined in Rule 13d-3 of additional shares to those previously owned by succeeding as trustee to a number of trusts, as executor of the estate of the former trustee who is now deceased, and by the acquisition of additional shares by a foundation of which the undersigned is an officer and director.

Item 4 Purpose of Transaction

The undersigned incorporates his response to Item 3 above.

Item 5 Interest in Securities of the Issuer

(a) Amount Beneficially Owned

6,422,443

Percent of Class

5.8%

(b) Number of shares as to which such person has:

(i) sole power to vote or to direct the vote: 1,892,511

(ii) shared power to vote or to direct the vote:
4,529,932

(iii) sole power to dispose or to direct the disposition
of: 1,892,511

(iv) shared power to dispose or to direct the
disposition of: 4,529,932

(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).

See Item 3. In addition, a stock option covering 3,000 shares that had been granted to the undersigned in 1994 became exercisable.

(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, certain of the securities listed in Item 5 (a) and (b).

Item 6 Contracts, Arrangements, Understandings

 Or Relationships With Respect To

 Securities Of The Issuer

None

Item 7 Material To Be Filed as Exhibits

None

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.

June 17, 1996

Date

HENRY P. VAN AMERINGEN

Signature

Henry P. van Ameringen

Name/Title

Hpv A13D