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	NTERNATION	AL INC									
Form 4 January 19, 2	2005										
FORM	ГЛ								-	PPROVAL	
	UNITEL) STATES		ITIES A hington,			NGE (COMMISSION	OMB Number:	3235-0287	
Check thi if no long	er		E CHAN	CECINI	DENIERI			NEDCHID OF	Expires:	January 31, 2005	
subject to Section 1 Form 4 or Form 5		SECUR	ITIES			NERSHIP OF ge Act of 1934,	Estimated a burden hou response	irs per			
obligation may cont <i>See</i> Instru 1(b).	inue. Section 17	7(a) of the		ility Hold	ing Com	npany	Act o	f 1935 or Sectio	n		
(Print or Type R	Responses)										
BANK OF NOVA SCOTIA / Symb			Symbol	Name and			-	5. Relationship of Reporting Person(s) to Issuer			
	[FMXI]	FOAMEX INTERNATIONAL INC [FMXI]					(Check all applicable)				
				of Earliest Transaction Day/Year)				DirectorX_ 10% Owner Officer (give titleOther (specify below) below)			
	MPLIANCE D VEST,SCOTIA		01/18/20)05				below)	below)		
				endment, Date Original nth/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 			
TORONTO,	, A6 M5H 1H1							Person	tore than One K	eporting	
(City)	(State)	(Zip)	Table	e I - Non-D	erivative	Secur	ities Aco	quired, Disposed of	f, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	urity (Month/Day/Year) Execution Date, if		Code (D) (Instr. 8) (Instr. 3, 4 and 5) (A)				Securities Beneficially Owned Following Reported Transaction(s)	Form: Direct Indir Ily (D) or Bene Indirect (I) Own g (Instr. 4) (Instr on(s)			
				Code V	Amount	or (D)	Price	(Instr. 3 and 4)			
Common shares	01/18/2005			S	100	D	\$ 3.39	5,643,826	D		
Common shares	01/18/2005			S	600	D	\$ 3.33	5,643,226	D		
Common shares	01/18/2005			S	800	D	\$ 3.32	5,642,426	D		
Common shares	01/18/2005			S	1,400	D	\$ 3.29	5,641,026	D		
	01/18/2005			S	100	D		5.640.926	D		

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Common shares					\$ 3.28	
Common shares	01/18/2005	S	300	D	\$ 3.27 5,640,626	D

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

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 control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. ofNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3,		ate	Secur	unt of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owna Follo Repo Trans (Instr
				Code V	4, and 5) (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Addre	Relationships						
Tellor and o there i there i the		Director	10% Owner	Officer	Other		
BANK OF NOVA SCOTIA / GROUP COMPLIANCE DEPT 44 KING ST. WEST,SCOTIA PLAZ TORONTO, A6 M5H 1H1	ZA, 33RD		Х				
Signatures							
/s/ J.S. Walford Senior Manager	01/19/2005	i					
**Signature of Reporting Person	Date						
Explanation of Resp	onses:						

* 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.

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