WHAT IS CLAIMED IS:

1. A dispenser for dispensing flowable material, the dispenser comprising:

a resiliently deformable body encompassing a closed volume to accommodate flowable material, wherein deformation of said body from a natural state causes a reduction of volume of said closed volume;

a discharge element having at least one discharge opening defined therein;

at least one valve regulating the flow of the flowable material through said at least one discharge opening, wherein the discharge element is secured to the at least one valve; and,

a vent formed to communicate atmosphere outside of said body with said closed volume, wherein said vent allows for introduction of air into said closed volume to facilitate restoration of said body to said natural state after being deformed,

wherein said discharge element includes a spatula-shaped applicator having opposing faces joined by, and terminating at, a free edge, and

wherein, said body being configured so that a threshold amount of deformation of said body causes sufficient reduction of volume of said closed volume so that the flowable material is urged therefrom through said at least one discharge opening via said at least one valve.

2. The dispenser as in claim 1, wherein the closed volume acts as a reservoir to accommodate the flowable material.

3. The dispenser as in claims 1-2, wherein said at least one valve is a one-way valve, configured to only permit flow from said closed volume.

4. The dispenser as in claims 1-3, wherein said at least one valve is adjustable from a closed state to an open state.

5. The dispenser as in claims 1-4, wherein said at least one valve includes first and second valves arranged in series.

6. The dispenser as in claim 1, wherein a flexible pouch, formed to accommodate flowable material, is disposed in said closed volume, wherein deformation of said body causes sufficient reduction of volume to increase pressure of said closed volume acting on said flexible pouch sufficiently so that flowable material accommodated in said flexible pouch is urged therefrom through said at least one discharge opening via said at least one valve.

7. The dispenser as in claims 6, wherein said at least one valve is a one-way valve, configured to only permit flow from said flexible pouch.

8. The dispenser as in claims 6-7, wherein said at least one valve is adjustable from a closed state to an open state.

9. The dispenser as in claims 6-8, wherein said at least one valve includes first and second valves arranged in series.

10. The dispenser as in claim 9, wherein said first valve is a one-way valve configured to only permit flow from said flexible pouch.

11. The dispenser as in claim 10, wherein said second valve is adjustable from a closed state to an open state.

12. The dispenser as in claims 6-11, further comprising a frame disposed within said closed volume about at least portions of said flexible pouch, said frame being configured to restrict the amount of deformation of said body.

13. The dispenser as in claims 6-12, wherein deformed portions of said body at said threshold amount of deformation are spaced from, so as to be out of contiguous contact with, said flexible pouch.

14. The dispenser as in claim 1, wherein said at least discharge opening is defined in one of said faces in proximity to said free edge.

15. The dispenser as in claims 1-14, wherein said vent is a one-way vent.