32. A container as claimed in any of claims 10 to 31, wherein the inner member is inclined at an angle of from 5 to 15 degrees.

33. A container as claimed in any preceding claim, wherein the container comprises at least one gripping means.

34. A container as claimed in claim 33, when depending through claim 23, wherein a portion of said gripping means is hollow and defines a portion of said duct.

35. A container as claimed in claim 33 wherein said at least one gripping means is juxtaposed to said flow control assembly.

36. A container as claimed in any preceding claim, wherein the fluid is oil.

37. A container as claimed in any preceding claim, wherein said container comprises a plastics material.

38. A container as claimed in claim 37, wherein said plastics material is high density polyethylene.

39. A container as claimed in any of claims 4 to 38, wherein the body of the container is unitary.

40. A container as claimed in any preceding claim, wherein the capacity of the container is from 3 to 7 litres.

41. A container as claimed in any preceding claim, wherein the capacity of the container is from 4 to 6 litres.

42. A container as hereinbefore described with reference to the accompanying description and the drawings.

43. A method of dispensing a fluid comprising the steps of:
providing a container as claimed in any of claims 1 to 42;
moving the control means to a second position; and
tilting the container to dispense the fluid.

41. A method according to claim 43, further comprising the step of: moving the control means during the dispensing operation to adjust the rate of flow.

42. A method of dispensing a fluid as hereinbefore described with reference to the accompanying description and the drawings.

32. A container as claimed in any of claims 10 to 31, wherein the inner member is inclined at an angle of from 5 to 15 degrees.

33. A container as claimed in any preceding claim, wherein the container comprises at least one gripping means.

34. A container as claimed in claim 33, when depending through claim 23, wherein a portion of said gripping means is hollow and defines a portion of said duct.

35. A container as claimed in claim 33 wherein said at least one gripping means is juxtaposed to said flow control assembly.

36. A container as claimed in any preceding claim, wherein the fluid is oil.

37. A container as claimed in any preceding claim, wherein said container comprises a plastics material.

38. A container as claimed in claim 37, wherein said plastics material is high density polyethylene.

39. A container as claimed in any of claims 4 to 38, wherein the body of the container is unitary.

40. A container as claimed in any preceding claim, wherein the capacity of the container is from 3 to 7 litres.

41. A container as claimed in any preceding claim, wherein the capacity of the container is from 4 to 6 litres.

42. A container as hereinbefore described with reference to the accompanying description and the drawings.

43. A method of dispensing a fluid comprising the steps of:
providing a container as claimed in any of claims 1 to 42;
moving the control means to a second position; and
tilting the container to dispense the fluid.

44. A method according to claim 43, further comprising the step of: moving the control means during the dispensing operation to adjust the rate of flow.

45. A method of dispensing a fluid as hereinbefore described with reference to the accompanying description and the drawings.