Frank was born at Biggleswade Bedfordshire on 21st December 1875, the son of Charles and Jane Cooper. He joined the Bedfordshire Militia when he was 18 and served for 6 years between 1893 and 1899 when he transferred to the 2nd Bedfordshire Regular Regiment where he served for 12 years until 1911. In 1903 he married Minnie Taylor and on the 1911 census he is shown as a farm labourer in Bedfordshire, with his wife a 5-year-old son Walter Francis.

On 11th August 1914 he joined A Company, AN&MEF giving his wife at 194 Wilson St, Newtown as his next of kin. He returned from Rabaul and was discharged, end of engagement, on 4th March 1915 having completed 206 days service.

On 26th May 1915 he joined the 3rd Bedfordshire Regiment, service number 20732, and served till 20th September when he was discharged to join the AIF. He enlisted as part of the Reinforcements for the Camel Corps, regimental number 1214 and left Australia for Suez aboard the MOOLTAN on 19th August 1916.

In early 1917 he was hospitalised with Influenza and then again in July this time with Malaria.

On 31st July he was again stricken with malaria and transferred to a hospital in Cairo. This episode resulted in him being returned to Australia aboard the WILTSHIR, leaving Egypt on 12th November 1917 and arriving home on 25th Jan1918. He was discharged, medically unfit (debility and constipation) on 25th Jan.

He and his wife returned to Bedfordshire after the war where in died in 1945.