Frederick was born in Sydney on 23rd October 1892, the son of Frank Henry Callaway and Blanche Emily Callaway, nee Bemi. At the time of joining the AN&MEF on 11th August 1914, he was an Able Seaman with the Naval Reserve. He gave his father at 127 Nelson St, Annandale as his next of kin and returned from Rabaul and was discharged, term expired, on 4th March 1915 having completed 206 days service.

On 6th March he joined the AIF as part of the 6th Reinforcements of the 2nd Battalion and sailed for Suez on 16th June 1915 aboard the KAROOLA. He joined the 2nd Battalion on Gallipoli on6th August and was immediately appointed lance corporal, being promoted to corporal on 23rd September and then to sergeant on10th October 1915. Following the evacuation from Gallipoli he moved with the battalion to Marseilles in March 1916 and was appointed Company Sergeant Major (Warrant Officer Class 11) on 1st April 1916. He received his commission as a 2nd Lt on 5th August 1916 and one month later, on 5th September, he was killed in action near Ypres in Belgium.

In an interview on Jan 11th 1917, Pte Harold Gilkes (3669) stated: -

"2nd Lieutenant Callaway was killed on Aug 31st (the exact date) at Mt Sorel in the Ypres Salient. We were holding the front line. Lieut. Callaway and seven other officers were in an old German dug out, 30 feet underground, and they were all killed, and the dug out was blown right in by a Minnewafer, about 12 o'clock midday.(A Minnewafer is like an oil drum filled with explosives, it makes a terrific explosion, and is quite the worst thing the Germans send us.) He was buried in a cemetery near Woodcoat Farm, near the railway dig outs. I saw his body afterwards, and I also saw his grave before the cross was put up, but his name was on a paper in a bottle. There were 14 killed at the same time."

The dates of his actual death vary slightly in the accounts, but 5th September is the most generally accepted date.

His grave is in The Railway Dugouts Burial Ground, Ypres. Belgium and he is remembered on panel 32 at the Australian War Memorial, Canberra.