Frederick was born in Mosman, NSW, the son of Job Caller and Sarah Caller, nee Wilson.

On 11th August 1914 he enlisted in the AN&MEF stating that he was an ashphalter, single and gave his mother at "Alma", Gordon St Mosman. He was promoted corporal on 18th August, Lance Sergeant on 11th October and sergeant on 28th November 1914. Frederick returned from Rabaul and was discharged, term expired, on 4th March 1915 having completed 206 days service.

On 16th March he joined the Ammunition Column of the 4th Light Horse Brigade and allocated the regimental number 1. He sailed from Sydney on 2nd June aboard the VESTALIA. He was promoted sergeant on 20th November 1915 and transferred to the 2nd ANZAC Entrenching Battalion where he was appointed temporary RSM for the duration for the transfer. On 10th December 1916 he was evacuated to the UK with trench feet, returning to duty and being transferred to the 13th Light Horse in August 1917 where he became Squadron Sergeant Major.

In April 1914, Frederick faced a Court Martial for being drunk whilst on Escort Duty, but was found not guilty. On 5th February 1919 he returned to Australia on the LANKERSHIRE, arriving home on 24th March 1919, and was discharged on 26th May.

In 1924 a warrant was issued for his arrest for disobeying a magistrate's order for the support of his wife. When police went to his house to execute the warrant in 1926, Frederick was discovered to have hung himself.