Walter was born on 29th November 1886 at Sydney, the son of Walter Fry and his wife Harriett Mitchell, nee Arnold. In 1909 he married Amy Gertrude White at Ashfield. On 11th August 1914 he enlisted in the AN&MEF as a 2nd Lt stating that he was a warehouse man and gave his wife at "Biralee", The Avenue, Strathfield as his next of kin. On 20th September he was promoted Captain and on 4th October appointed Colonial Treasurer.

He returned from Rabaul and had his appointment terminated, time expired, on 4th March 1915 having completed 206 days service.

On 5th August he was appointed a Captain in the 30th Battalion, but for some reason did not embark when the battalion left Sydney. On 10th April 1916 he was appointed a Captain in A Company, 34th Battalion and promoted Major on 1st May. He left Australian the next day aboard the HORORATA, and at Suez he transferred to the ARAGON and landed in Plymouth on 23rd June 1916. He was attached to the School of Cooking before embarking for France on 21st November to join his battalion. On 7th Jan 1917 he attended an Officer's Course of instruction, rejoining his unit on 4th April where he was temporarily in command as acting Lt Col. On 9th May 1918 he was gassed with mustard gas and then on 29th September he was wounded in the shoulder and left knee. He was repatriated to the UK not rejoining his unit until 5th November, just before the cessation of hostilities.

In the same year he was awarded an OBE – "For consistent devotion to duty and marked administrative ability as Second-in Command of his battalion, and also as temporary command during the latter stages of the SOMME Offensive in 1918.

His sound, careful work in the Field and in billets were of great value to the battalion and contributed materially to the success of their operations. In Command of his unit from time to time, Major FRY has shown himself more than equal to the demands made of him."

On 28th July 1017 he arrived back in Sydney on the BREMEN and had his commission with the AIF terminated on 11th September.

At the outbreak of World War 2 he was a Colonel with the 4th Infantry Training Battalion, service number N78637. On 6th March 1943 he transferred to the AIF, service number NX149681 and served until 2nd May 1945 when he was transferred to the Reserve of Officers.

Some time in 1944 he divorced Amy and on 21st April 1945 at St Stephen's Church, Sydney he married Margaret Helen Dunn.

Walter died at Narwee, NSW on 12th November 1977 and is buried at the Northern Suburbs Crematorium.