Frederick was born in Birmingham around 1893, the son of John and Mary Ann Allen. He enlisted into F Company, AN&MEF on 11th August 1914 and gave his occupation as seaman and stated he was single. He gave his mother, Mary Ann Cox, Crown and Anchor, Cross St Birmingham, as his next of kin.

Frederick returned from Rabaul and was discharged, term expired, on 4th March 1915 having served 206 days.

On his enlistment into the AIF, reg number 50, on 11th March 1915 as part of the 1st Australian Naval Reserve Bridging Train, he stated that he was a seaman interpreter and could speak both French and German.

Frederick left Melbourne aboard the PORT MACQUARIE on 4th June 1915 and eventually arrived on Lemnos on 21st July 1915. He was hospitalised with Malaria between 26th Sept and 3rd November 1915. When the Bridging Train was dissolved, Frederick did not take up the option of being transferred to and AIF unit and left Suez aboard the BULLA on 29th May 1917 and was discharged on 22nd July 1917 – "Unit Demobilised".