

Frederick was born at Aspley Guise, Bedfordshire, England in 1891, the son of Frederick Harris Day and Emma Day, nee Goodman.

He enlisted in the AN&MEF on 11th August 18914, stating that he was a butcher and single, giving his father at Aspley Villa, Woburn, Lands End, as his next of kin.

He returned from Rabaul and was discharged, term expired, on 18th Jan 1915 having completed 161 days service.