Open Firefox. Under the “Tools” menu select “Options”.

On the Options page, select “Advanced”, and then select “Network”. Click the “Clear Now” button under Cached Web Content to clear all cached pages.
Restart Firefox.

Reopen Firefox. Under the “Tools” menu select “Options”.

On the Options page, select “Privacy” and then click on “clear your recent history”.

Firefox will remember your browsing, download, form and search history, and keep cookies from websites you visit. You may want to clear your recent history or remove individual cookies.
On the Clear All History popup, make sure that "Time range" is set to "Everything", and check boxes are checked as in the diagram below. Click "Clear Now" to clear everything.