Clearing Your Cache and Cookies

For Mozilla Firefox Browser
Step 1: From the History menu, select Clear Recent History.
Step 2: If the menu bar is hidden, press Alt to make it visible.
Step 2: From the Time range to clear: drop-down menu, select the desired range; to clear your entire cache, select Everything.
Step 4: Next to "Details", click the down arrow to choose which elements of the history to clear; to clear your entire cache, select all items.
Step 5: Click Clear Now.
Step 6: Exit/quit all browser windows and re-open the browser.