Let X a set, $E = P(X)$, we define R as:

$$\forall (A, B) \in E^2, ARB \iff A \subset B$$

Proove that R is an order relation.

$Let A \in E$
$\Rightarrow A \subset A$
$\Rightarrow R$ is reflexive

$Let (A, B, C) \in E^3, A \subset B$ and $B \subset C$
$\Rightarrow A \subset C$
$\Rightarrow R$ is transitive

$Let (A, B) \in E^2, A \subset B$ and $B \subset A$
$\Rightarrow A = B$
$\Rightarrow R$ is antisymmetric