Given a finite spectrum of type $n$, explicit $v_n self$ —
maps are more easily constructed if that spectrum is $n$-
sided unit but is not necessarily homotopy commutative.

Twenty five years ago I proved that if $X$ is a finite ring
spectrum of type $n$, then there exists a $v_n self$ —
map $f$ such that the cofiber $X(f^i)$ of these $self$ —
map $f^i$ is a ring spectrum for any $i$, and the pairing on $X$