

Multiply the first equation by -4 : $-8x - 4y = -76$

Add this to $3x + 4y = 1$ to get: $-5x = -75$

Solve for x to get $x = 15$, and substitute this into the first equation:

$2(15) + y = 19$ or $30 + y = 19$, so $y = -11$