Multiply the first equation by 4: 12x + 4y = 52

Add this to 2x - 4y = 32 to get: 14x = 84

Solve for x to get x = 6, and substitute this into the first equation:

$$3(6) + y = 13 \text{ or } 18 + y = 13, \text{ so } y = -5$$