Below is the sample code to blink the LEDs with a 100ms delay.

```
char value = 0;
#define SBIT PS1
#define SBIT PS0 4
void interrupt()
    if(TMR1IF==1)
    {
       value=~value; // complement the value for blinking the LEDs
       TMR1H=0x0B; // Load the time value(0xBDC) for 100ms delay
       TMR1L=0xDC;
       TMR1IF=0;
                       // Clear timer interrupt flag
    }
}
void main()
{
    TRISD=0x00; //COnfigure PORTD as output to blink the LEDs
    T1CON = (1 << SBIT PS1) | (1 << SBIT PS0); // Timer0 with external
freq and 8 as prescalar
    TMR1H=0x0B;
                  // Load the time value(0xBDC) for 100ms delay
    TMR1L=0xDC;
    TMR1IE=1;
                  //Enable timer interrupt bit in PIE1 register
    GIE=1;
                  //Enable Global Interrupt
                  //Enable the Peripheral Interrupt
    PEIE=1;
    TMR1ON = 1; //Start Timer1
    while(1)
        PORTD = value;
    }
}
```